



BEACON

Pacific Grove, Pebble Beach, and New Monterey

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Pacific Grove, Pebble
Beach & New Monterey

Locals give heave ho to new marina plan

by Janis Cain

Longtime boat owners at the Monterey marina say they are feeling a bit queasy in the wake of moves by the City of Monterey to upset the small-town character of the harbor.

More than one hundred boat owners packed last week's meeting of the Waterfront Advisory Committee to protest new "transfer fees" they say will dramatically alter the boating climate in Monterey Bay. Their unified show of force was met with little sympathy by city staff who claimed the traditional practice of selling boats — at "inflated prices" because they're in a slip — is "illegal."

Currently, the waiting time for those on the list wanting berths is said to be about 18 years. Those who want immediate access to a berth can purchase one of the "for sale" boats already in a slip.

The City of Monterey plans to charge from \$2,000 to \$5,000 in "transfer" fees whenever a boat changes hands, based on slip lengths at \$100 per foot. The city does not currently charge transfer fees.

Waterfront Advisory Committee member Gerry Stratton, explained that the character of the harbor will change. Stratton, representing the Monterey Peninsula Yacht Club, told city officials the harbor would go the way of Southern California; wealthy power-boaters who use their boats for lodging and cocktails will take over the berths. (See Stratton's Letter to the Editor in this issue.)

The current berth licensees are a mix including fishermen, young families and the various sailors who compete weekly in organized races.

Owners of small fishing boats com-

plained to city staff that the fee is exorbitant. Historically slips have been transferred with the boat because the area is unique in that few, if any, options exists for berthing or mooring boats on the Bay.

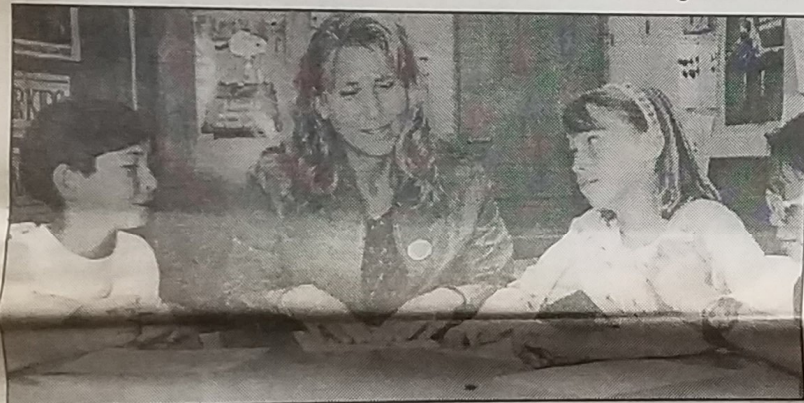
Much of the audience walked out, mid-meeting, when City Councilwoman Teresa Canepa implied the transfer fees were non-negotiable.

The local organization of "Concerned Boaters" has written to slip licensees claiming the fee is "a thinly veiled method to impose a new tax."

According to letters sent to boat owners from the City of Monterey, the proceeds generated from transfer fees will be earmarked for improvements to the marina, and possibly lowered parking fees for boat owners using the city lot. The city is in the process of rebuilding the marina docks, with upgraded ameni-



A LIMITED number of moorings and berths are available in Monterey's marina. Critics of a proposed transfer fee on berths say the character of the marina will deteriorate, irreparably. Beacon photo



SUPERKIDS at Forest Grove School meet regularly with Counselor Nancy Stanley and learn to cope with daily pressures of growing up with divorce, abuse or emotional neglect. Here Jason, Ashley and Billy review what they learned today. Funds for this unique education are running dry for Pacific Grove Schools. Beacon photo

What's your EQ? SuperKids program helps improve stability

by Janis Cain

Group therapy participants gather in small semi-circles to share their insights into issues affecting their lives. Divorce. Drugs. Domestic Disputes. Death. Despair.

"Can you think of any other 'D' words?" Big Bird might have asked.

As innovative as Sesame Street was when introduced to children of the '60s, the newest paradigm of emotional intelligence is now used in PG schools, helping children of the '90s to become better adults.

The program is SuperKids and it puts into practice the findings of Daniel Goleman, whose 1994 book *Emotional*

Intelligence documented the advantages of "EQ" over "IQ" in predicting which students would lead happy adult lives.

PG's youngest students — five to ten years of age — learn how reduce stress, identify their feelings, delay gratification, and make wise decisions. They're learning to cope with stresses at home that lead to poor performance in the classroom.

"I CANTALK about my problems and they won't laugh at me. I have learned to be nice to others even though other people aren't nice to me." — 4th grader at Robert Down.

A total of 60 Pacific Grove elemen-

Continued on page 2

Miller home gets green light over individual ploys to stop approval

by Neill Gardner

Despite a last-minute attempt by Councilman Clarence Zito to throw a monkey-wrench into the works, City Council at its May 1 session denied an attempt to send Johnny Miller's plans for a home in Asilomar back to square one.

Zito, apparently operating on his own initiative, had asked for and received a ruling from the Coastal Commission concerning the deck at Miller's home. Other Councilmembers said they had received a copy of that ruling shortly before the meeting started.

Vice Mayor Bob Davis conducted the sometimes stormy hearing in the absence of Mayor Sandra Koffman, who reportedly was backpacking in the Ventana. Davis' imposition of a ten-minute time limit was challenged vociferously by Joan Vorpahl, who lives on property adjoining Miller's.

Vorpahl, who had appealed Architectural Review Board and Planning Commission unanimous approval of Miller's plans, delivered a rapid-fire list of concerns, accompanied by a slide show. It took several minutes before Davis was able to persuade her to sit down after her ten minutes expired.

At Davis' invitation, a parade of anti-growth speakers took the microphone to

voice their concerns. Among them was Tom Moss, the Asilomar biologist, who brought along a sample of decking. Moss was bothered by setbacks, among other things.

Moss is the individual who raised concerns about the Page home in 1992. At that time, he was concerned about the black legless lizard. He didn't report actually seeing them, but said Page's living room site looked to him like a "perfect home" for them.

Earlier, Pat Herrgott had been cautioned by Davis when she said she thought Moss had "no appreciation for property rights."

Derinda Messenger, Miller's attorney, earlier had expressed shock that Moss visited the site without authorization and called attempts to obtain approval for such a visit were a coverup for unlawful entry.

Messenger reminded Council that Miller has "bent over backwards" for two years to comply with the city's demands. She said he had satisfied the Department of Fish & Game setback requirements.

Monterey biologist Jud Vandever's report to Miller said the biggest problem for endangered plants on the site are deer and iceplant. The deer eat them and the

Continued on page 2



Johnny Miller

Asilomar board appeals State Parks director's denial of application

by Neill Gardner

Directors of the Pacific Grove-Asilomar Corporation are appealing a decision by the California Department of Parks and Recreation to award the conference center concession to Delaware North, a management organization operating out of Buffalo, N.Y.

Asilomar Corporation has managed the sprawling 314-room oceanside conference center for 40 years. Revenues of \$13 million were generated during the most recent fiscal year.

Corporate Counsel Kevin Fisher said last week that Asilomar's petition had

been filed with the attorney general's office. Fisher said the matter will be decided by an administrative law judge in San Francisco, probably within 60 to 90 days.

The state questioned Asilomar's ability to raise the \$2.2 million in operating capital, claiming that insufficient documentation had been presented. Asilomar said it provided everything that could have been furnished, considering the conditions imposed by the state.

Jean Grace, who chairs the Asilomar board of directors, said the Department

Continued on page 2



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Attrition of funds threaten Super Kids

Continued from page 1

tary school students were referred to the SuperKids intervention and prevention program this year, down from 68 last year. Counselors visit Pacific Grove's Robert Downs and Forest Grove elementary schools, as well as the David Avenue Kindergarten Center, each week.

The District's own elementary school counselor, Yo Matsuda, said the SuperKids program compliments her efforts. She is currently serving at 80% of full time and budget problems may reduce her to a half-time position next year. "The elementary students are in great need of counseling," she told the Beacon.

THE LITTLE ONES have big troubles, often involving their lives outside the classroom. Teachers say outside stresses cause certain students to disrupt the classroom with inappropriate behavior; others may shut down, withdrawing from classroom participation.

Cindy Coates, M.A., program director for SuperKids says statistics tell the story. Eighty percent of the kids referred to SuperKids live with divorced or divorcing parents, she told the Beacon. When the teacher is aware of what's happening at home, the child is referred to SuperKids, "before the problems get out of hand." Also, parents themselves often request intervention.

"The combination of parenting classes and SuperKids helped our family learn to get the feelings out instead of being angry or hurtful and lashing out."

Mother of 1st grader at Robert Down.

In addition to 12 weekly group sessions held in PG schools, SuperKids counselors also meet with numerous parents on a weekly basis, as well as teachers and principals.

ALL THAT COULD change next year. Executive Director Ann Swegle, of Pacific Grove, told the Beacon the program is facing a shortfall in funding for the fall school term. No programs will be scheduled in PG unless those shortfalls are met with contributions.

The SuperKids budget for the 1996-97 school year needs another \$20,000 to continue operations in PG schools.

The current school year program was funded by Pacific Grove Rotary and Kiwanis clubs, the City of Pacific Grove, PG PRIDE, United Way, foundations and private donations.

United Way allocations will fall short this year because local United Way contributions were less than anticipated. Other contributors are reportedly unable to make similar contributions again this year.

SUPERKIDS is an outgrowth of the non-profit Family Resource Center, reportedly the most comprehensive agency dealing with child abuse, prevention and intervention in Monterey County since 1977.

Begun as a respite center for stressed-out parents, it has evolved with a more pro-active approach, teaching parent education classes and counseling troubled families before problems reach the crisis level.

The total operating budget for the Family Resource Center is \$738,000, of which about \$200,000 is earmarked for the SuperKids outreach effort.

ASKED ABOUT direct charges to families in need of SuperKids help, we learned the families most in need of intervention are those least able to pay.

"Our family went through some changes last year and I didn't have the money for a private counselor. Through the Family Resource Center parent education classes and the SuperKids program we got the help we needed and it saved my life." — Mother of Robert Down 1st grader.

And, we were told foundations are more generous in funding SuperKids programs in Salinas, Seaside and Monterey, because Pacific Grove appears to be at less risk for abused and neglected children.

"It's amazing how many are in denial," Swegle said of abuse situations in Pacific Grove. "Domestic violence is prominent in this community, as is drug use among parents. That's a form of child abuse."

As for the kids themselves, Swegle urges the entire community to see how juvenile delinquency affects every business and resident. Whether the problems involve costly annoyances such as graffiti and petty theft, or larger taxpayer expense for warehousing criminals, everyone pays when kids go astray.

To learn more about the SuperKids program, and how to curtail the cycles of abuse, call Cindy Coates at 394-4622.

Council ends house moving to avoid plants

Continued from page 1

iceplant crowds them out.

Vandever agreed with Bruce Cowan, another biologist employed by Miller Cowan said appropriate fencing and removal of the ice plant would provide more room for endangered plants than the new house would remove.

Architect John Mondurrage asked Council to use a little common sense. He said the house had been moved three times and redesigned four times over the past two years. The architect said Miller is "one of the finest clients I have had during my career. Moving the house to provide for one plant is excessive."

Another speaker said he had walked the property holding an 18-foot pole be-

fore Vorpahl bought her home. "She knew what was coming," he said.

Miller spoke briefly to Council. "We've tried to do everything we can to please you. What are we saying to America? We're in your hands, but as a lot owner we are entitled to build." He said he was surprised by Vorpahl's protests, since her home is about the same size as the one he's trying to build.

Councilman Steve Honegger moved to deny Vorpahl's appeal.

Zito's concerns about the deck were apparently not shared by his colleagues. They voted 5-1 to deny the appeal. Following a break, Zito failed to return to his seat.

In other action, Council:

Heeded Don Gasperson and Erma Dinkel's request to send plans for Rudas Building restoration back to Beautification Committee.

Heard Nader Agha's request for support of petition to Nordstrom family for a Phase II store in the Holman Building.

Supported Severely Handicapped Afterschool Recreation Program (SHARP) at David Avenue School. No city funds are involved.

Heard Monterey Deputy City Manager Fred Cohn explanation of that city's process for renewing the cable TV franchise. Under consideration is hiring a consultant.



ECO-CORPS TREASURER Jan Burns receives a check from John Waldrup, managing partner of The Barnyard in Carmel, representing proceeds of a garden show held there last month to benefit the Pacific Grove conservationist club. Other members include John Fischer, Mayor Sandy Koffman and David Markowitz. Beacon photo

Barnyard gives Eco-Corps garden show proceeds

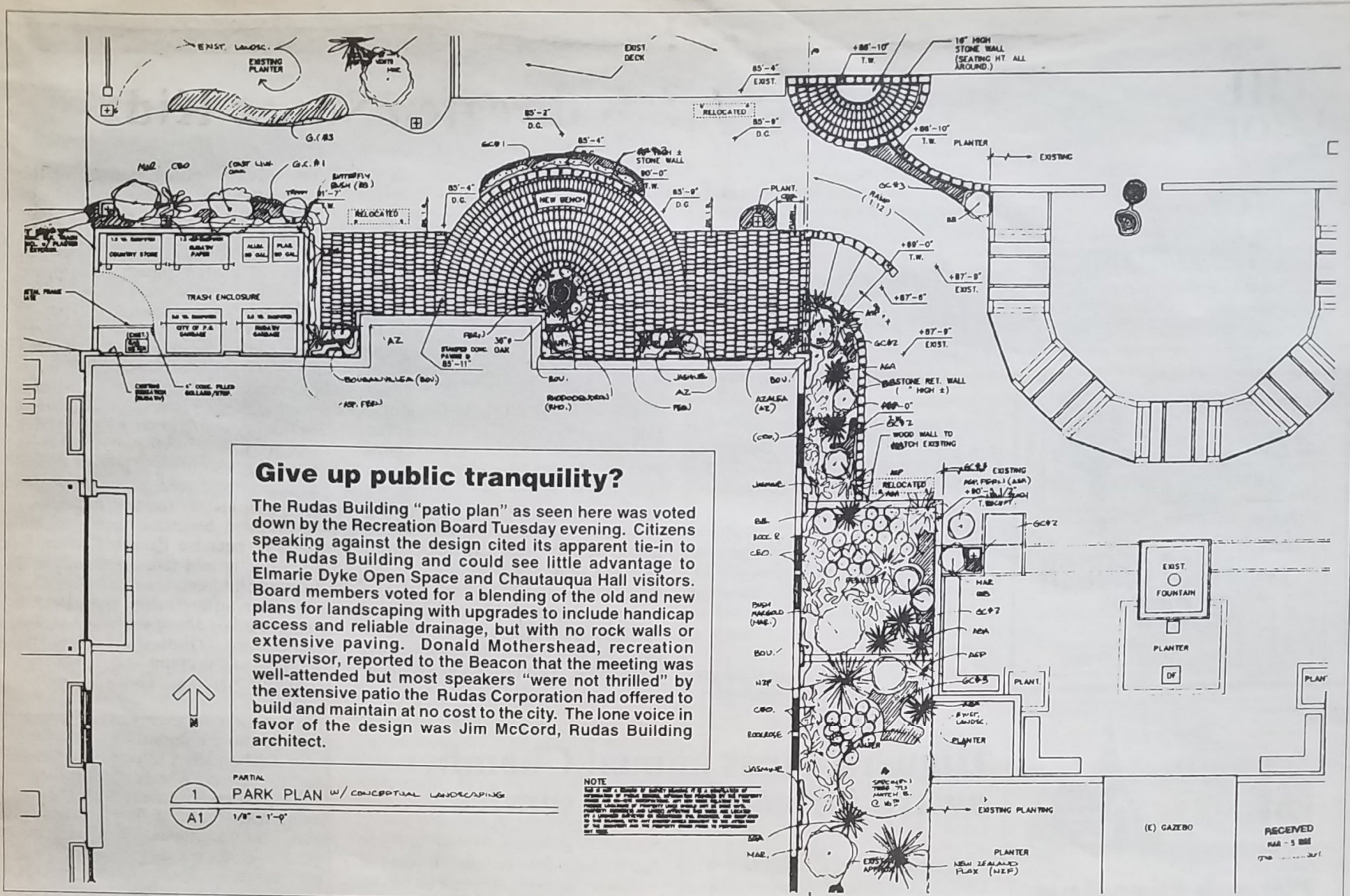
Proceeds from an April 27 gardening event at the Barnyard in Carmel were presented to the Pacific Grove Eco-Corps this week.

Dubbed "A Garden Affair," the event for green thumbs featured demonstrations and displays of center businesses, as well as environmental exhibits, garden tours, live music, and discussions led by gardening experts on topics such as bonsai, garden sculpture, butterfly gar-

dens, and California native plants.

Accompanied by sunny skies and attended by several hundred visitors, the event benefited Eco-Corps whose members staffed the entrances, information centers, and a display booth featuring information on urban reforestation and volunteer participation.

Tomorrow, Saturday May 18, the club is leading volunteers in a workday to stencil storm drain curbs in the Grove.



THIS IS THE SITE map of the Elmarie Dike Open Space, purchased and improved to buffer Chautauque Hall against developments of the 20th Century. The Rudas Trading Company wants to use it as the entry and patio to a restaurant.

Rudas building plans reveal access through City property not granted

by Janis Cain

The Beautification Committee has called a special meeting for next week to deal with the ongoing encroachment, by the Rudas Building, onto public property at Chautauque Hall and the Elmarie Dyke Open Space in downtown Pacific Grove.

Current plans submitted to the City by the Rudas Building architect are contrary to earlier legal documents requiring Rudas to replace and restore the original landscaping destroyed by construction.

Instead of native plants and low-key ground cover, however, Rudas has submitted a blueprint for — among other things — a large concrete patio circling out from double doors on the property line and into city property.

Most of the city lot would be covered by the patio and an enclosure for trash receptacles. All trash from Rudas Building tenants is stored and picked up on city property.

While some city officials have reportedly applauded the concept, and the generosity of the Rudas family for offering to upgrade and maintain the open space, others see it as a scheme to take over public property for commercial purposes.

The approved plans for the building include a restaurant on the lower level. Until a restaurant tenant is found, the space will be used for offices. The proposed patio ties in the city's property to the new double glass doors on the lower level of the Rudas building.

"All we want is to have the open space replanted the same way it was before construction at the Rudas Building," Chautauque Hall Preservation Society President Erma Dinkel told the Beacon.

Dinkel has a long history with the property and was one of the main forces credited with developing the open space during the 1980s.

She and others put up their own time and money to preserve the property in its natural state to compliment the his-

torical Chautauque Hall.

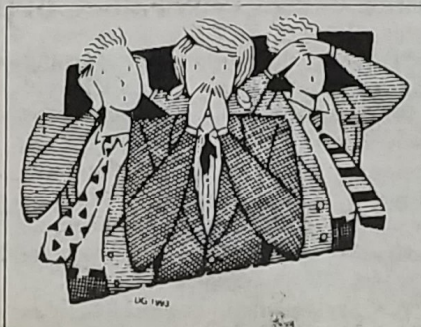
City Manager Mike Huse confirmed that a 1993 agreement with Rudas mandates a return to the original landscaping, with no concrete or paving. "A lot can be said for maintaining the character of the area as it was, around Chautauque Hall," he said. "Yet the area may be made more accessible with the new plan, which would also take care of recurring drainage problems at the site."

Rudas' proposed patio "would cause anyone to assume it is an extension of his building onto his own land," Dinkel noted. She says the ultimate worst case scenario would result in a commercial venture taking over property belonging to the public.

Also at issue is City's idea to sell the Rudas Corporation the land encroached upon by the walls of his building, the Old Grove Theater on Lighthouse between 16th and 17th.

The original six-foot easement was granted to the theater, and was noted on a title survey map given to Tibor Rudas in 1988. The City approved the Rudas plans with no requirement to pay for land under the encroachment. Now, the City is suggesting that Rudas either buy or lease the land in question.

The special meeting of the Beautification Committee will be held next Wednesday, May 22, 3:30 pm at the Community Development Department building. All city committee meetings are open to the public.



THE NATURAL Resources Committee is recommending that this historic cabin in Butterfly Grove (built in 1919) be burned to make way for more trees. Friends of the Monarch say would create bad vibes for the butterflies.. Beacon photo by Eric Colby

Friends of Library announce annual book sale to raise funds

by Anne Packard

The Friends of Pacific Grove Public Library will hold their annual used book sale on Saturday, May 25, in the Grove Community Center, 515 Junipero Avenue from 9am to 4pm.

All proceeds from the sale will benefit the public library. Admission is free.

Thousands of hard cover and paperback books in all categories will be available at bargain prices. The Friends organization receives donations of books throughout the year for this sale.

Categories range from best-selling fiction and non-fiction to a wide vari-

Ice cream social will have drawing for Giants tickets to fund confab

The public is invited to attend an ice cream social at the Pacific Grove Middle School Cafeteria on May 31 from 6:30-8pm.

The event is a fund raiser for a "Youth to Youth" conference being planned for students next fall.

"Youth to Youth" is a weekend conference that provides teenagers with the tools to live without alcohol and drugs.

The ice cream social features an all-you-can eat sundae bar with premium ice cream, a variety of yummy toppings, strawberries, whipped cream and nuts.

Admission is \$3 per person. Or you can join the "Youth to Youth" Booster Club for \$25 which includes admission for the entire family to the ice cream social.

Everyone purchasing a Booster Club membership will be automatically entered into a drawing for four MVP box seat tickets for the Giants -St. Louis game, June 9, to be played in Candlestick Park.

The drawing takes place on May 31 during the social. You need not be present to win.

Invite your friends, relatives and neighbors. Purchase tickets at the door or call Janet Gray 375-6263.

ety of special interests including cookbooks, children's titles, history, biography, how-to titles, and art and photography.

Members of Friends of the Library will be admitted for a preview and early sale on Friday evening, May 24, from 7-9pm. Membership is available at the door that evening for immediate admission to the Preview Sale. Annual dues are \$7 for individuals, \$10 for families.

The popular annual sale is known for its wide selection of titles and bargain prices, rarely more than one dollar. For info call the Library at 648-3160.

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Bible Study - 7pm Wed
Youth Nite - 6:30 pm Fri.


Tim Doramus - PASTOR

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Church Directory of Pacific Grove

Peninsula Christian Center, (Assemblies of God), 520 Pine Ave at Fountain. Sunday worship 10:45am & 6pm. Bible study Wednesday 7 pm. **Paul Wilson, Pastor.** **373-0431**

St. Angela's Catholic Church, Lighthouse at 9th Street. Masses: Sat.-8am & 5:30 pm. Sun-8am, 10am, noon & 5:30pm. Confessions: Sat.-4pm to 5pm. Daily masses: 8am and 12:10pm. **655-4160**

Disciples of Christ of Pacific Grove, (Christian Church), 442 Central. Adult Bible study 9:30 am. Worship Service (including Children's Sunday School) 11am. **Pastor Richard Niell Donovan.** **372-0363**

First Church of God 1023 David Ave., Pacific Grove. Sunday school at 9:45 am. Worship at 11 am. Bible Study Wednesdays at 7 pm. Youth Nite Friday at 6:30 pm. **Pastor Tim Doramus.** **372-5005**

Believers Christian Center 515 Junipero Ave., (at the Community Center) Pacific Grove. Sunday morning worship 10am. **Pastor Lenorse Williams.** **656-9446**

Shoreline Community Church 615 Sunset Dr., (at the Pacific Grove High School) Pacific Grove. Sundays 8:30 & 10am. Casual, contemporary services. Uplifting music, down-to-earth Bible teaching. Childcare/Sunday School. **655-0100**

CITY NEWS

Delaware North will retain Asilomar workers

By Neill Gardner

Preferential treatment is promised to the 265 employees at the Asilomar Conference Center when Delaware North Parks Service takes over management on or around Aug. 1.

That was the commitment made by Dennis Szefer, president of Delaware North, during a recent visit to Pacific Grove.

Jean Grace, who has chaired the interim board operating Asilomar, said a new arrangement has been made with the City of Pacific Grove concerning fire and police protection. The city fees will be reduced from \$11,000 to \$6000 per year.

Upper level management employees are close-mouthed about their personal employment situation. Apparently DN has made no commitment concerning individuals, but Szefer commented several times about the quality of Asilomar's staff.

Delaware North has retained the great majority of the concession employees at

Yosemite, where Szefer orchestrated the transition in 1972.

DN will pay 8.6 per cent of gross revenues to the Department of Parks and Recreation.

The resort contributes about \$500,000 annually to the City of Pacific Grove through the transient occupancy tax. Asilomar draws about 200,000 guests per year. Another \$500,000 will be paid annually to DPR for operating costs.

DN is a part of a \$1 billion plus international company which handles the Kennedy Space Center, airports in Los Angeles, Denver, New Orleans, Boston, New Orleans, Oakland, JFK and numerous major league sports centers.

Concessions at San Jose, Fresno, Palm Springs, and Oakland International Airports are also under DN management.

Overseas, DN holds concessions at eight airports and holds more than 100

hospitality management contracts in Australia. Its plans call for expansion all along the Pacific Rim.

Jeremy Jacobs, Delaware North CEO, owns the Boston Bruins hockey team. The company owns Boston's Fleet Center, home of the Bruins. The company is the largest pari-mutuel operator in the nation with greyhound and thoroughbred racetracks in six states.

American Park 'n Swap, a DN company, operates open-air bazaars on idle parking lots in Arizona and several Southern states.

Donald Murphy, the state parks director who has pushed for removal of the Pacific Grove-Asilomar Operating Corp. which has run the facility since 1947, attended the press conference at Asilomar. Murphy said an alcoholic beverages permit, required by DPR, was intended to provide service only with meals.



Dennis Szefer

Higuera earns annual Chamber award for community service

Charlie Higuera, a partner with Dwight Langley in the ownership of Grove Market, is the recipient this year of the James R. Hughes Community Service Award.

The recognition is an annual award presented by the Pacific Grove Chamber of Commerce and was announced last week by Chamber President Erma Dinkel.

The Award is recognition of exemplary dedication and service to the Residents and Businesses of Pacific Grove.

Higuera joins past recipients Ed Whitaker, Nadine Annand, and Richard Stillwell.

Born in Monterey, this California Native American has been in business for 44 years and will not be retiring soon.

He is married to Barbara Higuera and the couple reside in Pacific Grove. His business philosophy is to provide home town service to all customers. Personal attention and knowing the clients by name is the most important element in his business.

Some of Charles' community service

accomplishments include 10 years as a volunteer fireman, 10 years on the Recreation Board, and seven years on the Housing Appeals Board which he currently serves on.

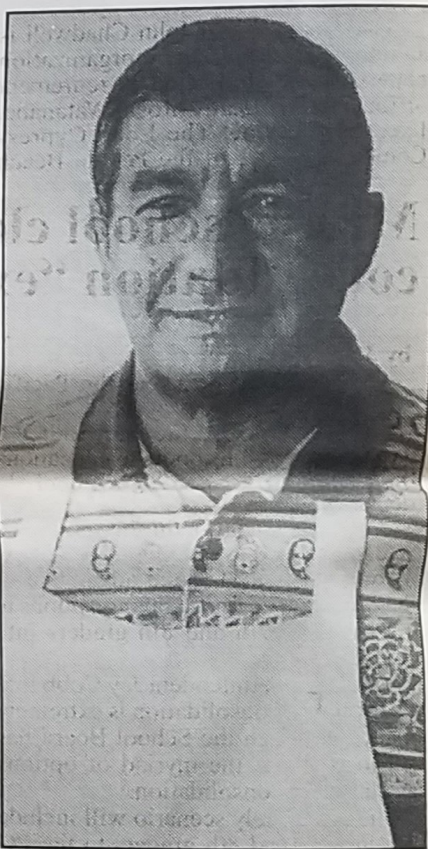
Barbecuing is an addiction and admiration that contributes to Charles' self satisfaction. He has never turned down a request for a Barbecue unless he is out of town. It all started when the Dad's Club used to Barbecue for the athletes at Pacific Grove High School.

According to Charles, Pacific Grove is the best place to live. The community spirit is phenomenal, says Charles. Some of his customers have been loyal since Grove Market's opening in 1956.

In his spare time Charles is an avid golfer and enjoys PG Golf Links.

A final thought of Charles' is that business has a cycle. Last year was hard on business and now we are on the way up! He feels a good economy is on the horizon.

The Chamber will honor Charles during the Annual Dinner on Saturday, June 8 at 6pm at the Forest Hill Manor. For information call 373-3304.



Charlie Higuera

KCCN controversy includes many locals

by Janis Cain

Among the 70 people fired when KCCN-TV was acquired by KCBA-FOX 35 are a dozen or so residents of Pacific Grove.

Douglas McKnight, former KCCN news director, is one who has found temporary employment at KSBW, but laments the loss of the only Monterey-based news team. He says the move of KCCN to Salinas is a big loss because KCCN was the only English speaking TV station on the Peninsula.

He told the Beacon that the general public may not understand the extent of the problem.

The public perceives a TV station as being just like any other business when it comes to management decisions to consolidate operations and fire employees.

Not so, McKnight said. "This is a restricted business and all licenses for TV stations in this market have already been allocated. There's only so much electromagnetic spectrum out there, so the FCC regulates the right to broadcast as

a public trust."

Because there's no possibility of another local news team coming together to broadcast Peninsula news from the Peninsula, the public has lost access to an independent news source. Now two of the three TV stations covering local news are under the control of one company.

While the FCC does not allow any one company to own two TV stations in the same market, companies sometimes circumvent the letter of the law with Local Marketing Agreements. In this case, Harron Communications turned over management of KCCN to the owners of KCBA, and the station was moved to Salinas.

While no reprieve is expected anytime soon, locals are meeting with the FCC in hopes of bringing KCCN back to Monterey. Next month, the FCC will debate the legality of these types of agreements and whether they serve the best interests of a community.

"Although regulations relaxed in recent years," McKnight said, "the spirit of the

FCC rules have certainly been violated."

As for McKnight himself, he says he certainly doesn't want to relocate. "Do I want to stay in the most beautiful place in the world?" came his rhetorical question. He moved to PG three years ago, where he and his wife have restored a Victorian home featured recently in the Beacon.

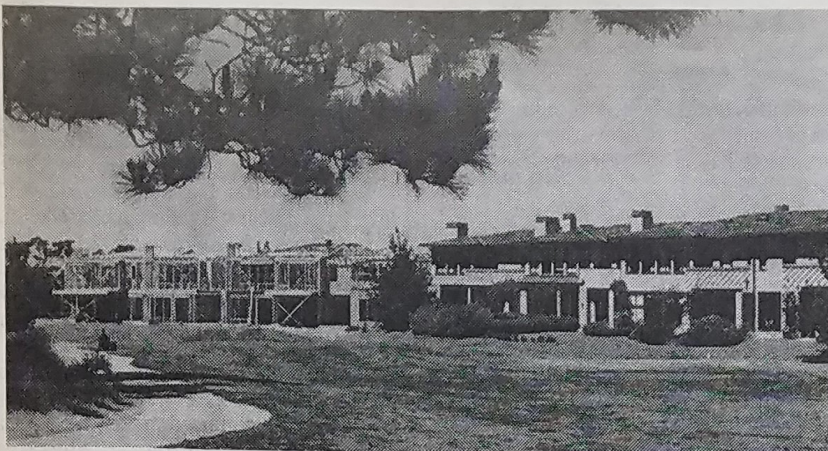
Dave Markowitz, another former KCCN staffer currently underemployed in PG, says he's applied to be rehired in Salinas and is waiting to hear from management.

"I like this business," he said, "and hope the new KCCN will be what they have told the public it will be."

Many of the fired employees from the former KCCN have been rehired by the new KCCN in Salinas.

KCBA-Fox issued a media advisory this week advising inquiries regarding KCCN should be directed to Mark Faylor, KCBA-Fox general manager, in the Salinas office.

CITY NEWS



THESE NEW residences under construction at Spanish bay will complete the build out permitted for new structures. Some 30 condominium residences will be completed this year, with a second phase to be completed next year. The homes overlook the golf course and come with membership in the Sanish Bay Club. Beacon photo by Eric Colby

Chadwell to head Pebble Beach resorts

John Chadwell of Pacific Grove has been promoted to the position of President and Chief Operating Officer of Pebble Beach Company. He previously served as Vice President, Resort Operations.

"The promotion of John Chadwell is an important step in the reorganization of the Company following the retirement of Tom Oliver," said Hiroshi Watanabe, Executive V.P. of The Lone Cypress Company, owner of the Pebble Beach

Company.

His primary responsibilities will involve hotel, golf and retail operations at the Pebble Beach resorts.

Chadwell, 46, has been with Pebble Beach Company since 1989 after gaining international experience in the hospitality industry. He was an executive with Disney Resorts, Meridien Hotels, and Hilton International.

Chadwell lives in Pacific Grove with his two daughters, Merry and Katherine.

Middle school closure forecast, consolidation "extremely likely"

by Janis Cain

About this time next year, the Pacific Grove Middle School may be gearing up to shut down. At the same time, PG High will open its doors to educational opportunities for non-high school students.

Rather than maintain the traditional middle school environment, the School Board may vote to take advantage of both learning and cost-saving options to relocate 6th, 7th and 8th graders into other schools.

Interim Superintendent Jay Cobb told the Beacon "consolidation is extremely likely," although the School Board has yet to vote on the myriad of options available for consolidation.

The most likely scenario will include moving 7th and 8th graders to the PG High School. Built for 1200 students, the high school is currently underutilized with a population of only 600 students.

The most important reason for consolidation is instructional strength, Cobb said. "We must look at the best use of teachers and technology from a learning standpoint."

Cobb says he can understand possible apprehension of parents, not wanting their younger students tossed into the high school environment. Anticipating potential problems, the District would stagger school hours, recesses and lunch times, and would specify separate entrances for the 7th and 8th graders.

PG won't be alone in making bold changes. Some 24 California campuses have already eliminated their middle schools in favor of mixed junior/senior high schools, and others are expected to

follow.

"It's do-able," Cobb said. "I've been in this District 30 years and have seen all the challenges we've faced. We have to pull together now to maximize our resources."

Rather than continue the costly maintenance of the large PGMS campus, the District hopes to focus its attention on the high school facility. The expenses of retrofitting for technology, as one example, will be directed to one campus instead of two.

"The precious resource of teachers will be maximized," Cobb noted, "especially with the Academically Talented Program, and classes like home ec and art. We'll make better use of special skills when we focus on one self-contained environment."

The Pacific Grove Unified School District was unsuccessful in attempts to pass Measure A (a \$35 parcel tax) last year and is now facing shortfalls in operating revenues for next year.

Elsewhere in this issue, the Beacon has donated space to the PG PRIDE's \$100,000 fund drive to enhance school programs.

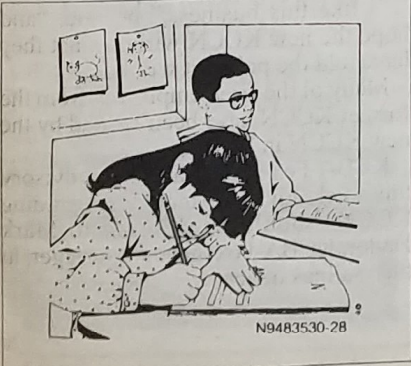
As for where the 6th graders are going, the possibilities include officials are studying several options including changes at the David Avenue Kindergarten Center and at the Adult School on Lighthouse.

Cobb said he has seen "definite academic advantages" with maintaining 6th, 7th and 8th graders in a middle school, but says the social and behavioral disadvantages may call for a 6th grade separation.

Middle School faculty member Yo Matsuda said sixth graders will probably be disappointed, but feels they will do better with the elementary schools.

The proposed closure would open the door for a myriad of new uses for the large campus, including a relocated Civic Center.

Because the PGMS campus has wheelchair access and spacious facilities, it may provide an option to multi-million dollar plans for a new Civic Center.



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50-59	\$95	\$113	\$153
60-64	\$119	\$142	\$192
FAMILY			
UNDER 30	\$137	\$163	\$218
30-39	\$175	\$208	\$250
40-49	\$180	\$214	\$289
50-59	\$229	\$273	\$370
60-64	\$265	\$315	\$430

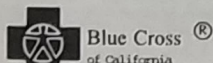
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COMMUNITY NEWSBRIEFS

Milkweed. The May bulletin of Friends of the Monarchs reports that planting milkweed within a short distance of roosting trees (Butterfly Grove), to promote egg laying in Pacific Grove, may not be a swift idea.

"By planting milkweed at an overwintering site, we are playing games with the ecology and strategy of the Monarch spring migration," says butterfly expert David Marriott, executive director of the Monarch Program. Leaves of the milkweed would get stripped by adults before larvae reach maturity. It would encourage females to oviposit before their time, interfering with normal egg laying during spring migration.

Eco Stencil. Friends of the bay may wish to help discourage dumping waste products in storm drains by participating tomorrow, Saturday May 18, in a curb stenciling project organized by the Eco Corps. Show up at 10am at the City Corporation Yard on Hwy 68 near Crocker Avenue and help spray the "NO DUMPING, Flows to Bay" signs on curbs at storm drains throughout Pacific Grove.

Name those Dolphins. A contest to name statuary comprised of four dolphins recently installed at the Monterey

Plaza Hotel on Cannery Row has been opened to school students in New Monterey. The sculpture is 18 x 25 feet, depicting four life-size dolphins leaping gracefully over a bubbling fountain. Installation was recently completed at the hotel located at 400 Cannery Row. The winning entrant and his or her family will receive a complimentary overnight stay at the hotel with dinner for four at the Duck Club Restaurant. Call 646-1700 for details.

PGMS Council opening. Two new members are needed for the Middle School Site Council to serve during the 1996-97 school year. The Council, made up of parents, teachers, students, a non-teaching staff member and the principal, is responsible for allocating the school Improvement Program. If interested call Principal Chris Whitmore, 646-6568. Term is two years.

Pony Dinner Dance. A dinner and dance to raise funds for the Pacific Grove Pony League is scheduled tomorrow night, Saturday, May 18, from 6pm 'til midnight at the Meals on Wheels building. There will be music and food. For information and reservations call Julie Weakland, 373-5402.

Rec Summer Schedule. Starting June 17, the Rec Club will be open to all students entering 6-12 grades. Activities are scheduled weekdays from 1:30pm to 5:30pm for nine weeks. Games, BBQ's, contests, concerts, and trips are included. Registration for upcoming trips is required before school is out.

Students can sign up for the Raging Waters trip (\$28) scheduled for June 20 and/or for the Hanging at the Mall trip (\$12) for back to school shopping scheduled August 14. A calendar of events will be available to all students in June. For info call Jody Aliotti at the Rec, 648-3130.

Spring Concert. The evening of June 5 is the PG Middle School Spring Music Concert. All music groups including the Jazz Band will be performing 7pm in the Auditorium on Forest Avenue.

YWCA Membership meeting The 25th Annual Membership meeting of the YWCA will be held Tuesday, May 21, from 4 to 6 pm at the YWCA, 150 Mar Vista Drive, Monterey.

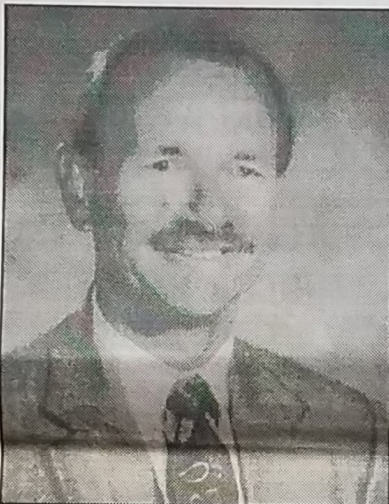
Guest speaker is former Monterey High School Principal Mae Johnson. Local chef Ahmed Nafei will provide special refreshments and a cellist and violinist will entertain. The Iona Logie, Mildred Lawson and Pearl Ross awards will be presented to outstanding YWCA volunteers for the past year.

Concluding the meeting will be the dedication of the Mary Morian, Kate Miller and Pearl Ross book collections to the YWCA's Women's Center Library.

Leadership training. Leadership training for emerging and potential leaders is the purpose of Leadership Monterey Peninsula (LMP) a non-profit educational organization. Application deadline for the 1996-97 class is May 31.

LMP expects to admit between 30 and 35 men and women from the Peninsula cities and surrounding unincorporated areas. The program features day-long sessions with leaders in arts and culture, business, human services, agriculture, environment, education and government. Small group projects focus on community issues. Class members also meet informally in fireside chats with individual leaders in various fields.

To obtain an application and information packet, contact the LMP office at 801 Lighthouse, Monterey, or phone, 649-8252.



Chris Whitmore

School principal will superintend south

by Janis Cain

After eight years in the principal's office, PG Middle School Principal Chris Whitmore is graduating to a superintendent position down south.

"I'm leaving," Principal Whitmore told the Beacon, "because I have accomplished the goals I set for myself eight years ago."

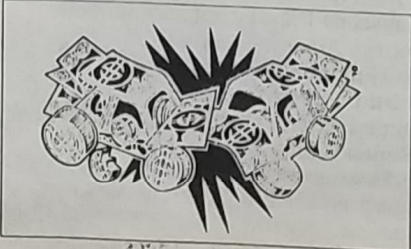
At that time, Whitmore said he wanted to bring more stability to the school — at a time when previous principals had bailed after short stints in office. He also wanted to enhance the learning environment, add technology, and improve the quality of instruction and curriculum.

And, while others bemoan the behavior of today's youth, Whitmore assures our readers he has seen a "dramatic improvement over the past eight years. Maybe not in society as a whole, but student behavior in this school has changed for the better."

His new superintendent/principal post begins July 1 in Los Alamos, off Highway 101 between San Luis Obispo and Santa Barbara.

Interim Superintendent of Schools Jay Cobb says the position of PG Middle School Principal will be filled from within. The position is destined to be short-lived; as reported elsewhere in this issue, Pacific Grove will no longer have a separate middle school after the 1996-97 term.

Whitmore, who recently earned his Doctorate Degree in Education, is married to Susan Whitmore, a teacher at the PG Adult Education School. He has a son at UC Santa Cruz, and a daughter starting at UCLA, as well as two younger children.



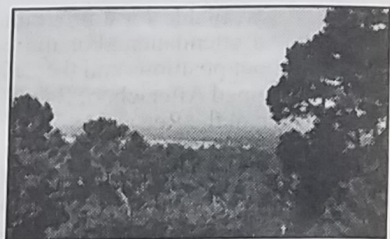
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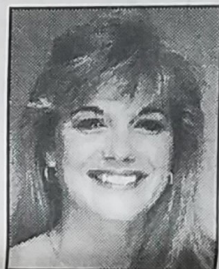
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CITY NEWS

newsbriefs

Handicap rec program. The City Council, this month, gave final approval for a severely handicapped after school recreation program for children 5-12 which will begin August 26 at the David Avenue Kindergarten Center.

"Pacific Grove has been progressive in fulfilling the need to provide our special children, and their parents, recreational activity," said Doug Brown, special education coordinator. "This will be the first and only program of its type for Monterey County."

Positions are available for a program coordinator and attendants. For more information about positions and the Severely Handicapped Afterschool Recreation Program call the Rec at 648-3130.

Visitor traffic up. In April over 23,000 people stopped at the Monterey Peninsula Visitor Center at Lake Estero in Monterey. This represents a 29% increase over last year.

Year to date 71,644 visitors have checked in to the Center, at 48% increase over last year. Pacific Grove is one of five Peninsula cities who contribute to the operation of the Center whose value is chiefly for visitors to book motel rooms here.

Population growth. January '96 figures from the State Department of Finance show that the Grove experienced a population increase of 1.2%, placing the number of souls here at 17,150, up 200 from a year ago. Many State returns of local tax revenues are based on city population. The gain of 200 souls could translate into an additional \$8,000 in city coffers next fiscal year.

PG POLICE BLOTTER

Selected entries from the PGPD log

Stalking — 50-year-old female charged with stalking employees at Robert Down Elementary School.

Curfew Violation — Pine Avenue at Grand, two girls, two boys, too late.

Attempted Dine & Dash — Tinnery Restaurant manager reports eight subjects planning to exit restaurant before paying. Upon police intervention, subjects pay with credit card.

After Dinner Disturbance — Loud argument between two family members debating the quality of a lobster meal eaten at the Tinnery restaurant.

What the ... — Subject on Ransford Avenue arrives home to find his current girlfriend's ex-boyfriend waiting for her in the carport. Subject gone on arrival.

I think I do — Couple on Arkwright Court planning to get married in the morning are stressed. They decide to quiet down — and pray.

Suspicious Circumstances — Grove Acres at Sinex Ave. Report of female crying and male subject following her in red car. No one found.

Rollerblading — 500 Blk. Lighthouse. Man and woman violating city code.

Rollercoaster — Silver Mercedes rolled down 4th into parked Chevy Van on Lighthouse.

Possible Spying — 62-year-old man on Junipero reports federal government has been spying on him for 32 years. He is now receiving suspicious documents in the mail.

Threats — Woman says her former roommate's boyfriend came to her place of employment to threaten her. He blames her for his divorce because she told his wife about his affair with her former roommate. Prior threats reported by both the suspect and his girlfriend.

Curfew Violation — 700 blk. Pine, three occupants, all juveniles, and all unlicensed to drive. Marijuana pipe found in vehicle. Subjects transported to station for parental pickup.

Sleeper — Subject warned against sleeping in George Washington Park.

While the Grove sleeps. Wondering how local crosswalks have been getting repainted? By the night crew. A graveyard shift has been formed to paint lines in the streets to avoid traffic congestion by day. Darn considerate, we say. Nice job guys!

Youth Center Bldg. Roofing is on. City crews have brought utilities to the structure. Exterior woods and lath are in place. Stucco should have started this week. Plans are being made by volunteers to finish the kitchen and discussion is underway by the Youth Center Steering Committee on how \$45,000 in proceeds from Tibor Rudas and the Dudley Moore concert will be spent.

Crime Report. In April police activity included 53 crimes, of which 18 were cleared, leaving 29 thefts and 12 burglaries. In "other crimes" there were 96 misdemeanors reported, producing 63 arrests, including eight juveniles.

Traffic produced 25 accidents; four involving injuries. Police issued over 190 citations and 423 warnings. Almost 700 parking violators were cited.

Dog Catcher (now-retired) Pam Caruso picked up six stray dogs and investigated three reports of dog bites.

For the month, there were 1,064 calls for service, 18 subpoena attempts, 112 business spot checks, 237 follow-up investigations, and 171 field interviews. Whew!

Volunteer Gardeners. City Forester Frank Ono is coordinating a volunteer gardening service with Gateway Center who will involve developmentally disabled adults from the Center to do some weeding and watering of plants in George Washington Park who will work there Tuesdays from 1-2pm.

Suspicious Sightings — Subject reports possible plane crash. Others report seeing flares in Marina area.

Boat in Trouble — Off 300 blk. Ocean View Blvd. Dispatched Coast Guard.

Welfare Check — Possible elder abuse, 500 blk. Fountain.

Open Door — Little Caesar's Pizza. Key found inside, turns out okay.

Loud Party — Asilomar turnout. Subjects agree to turn down music.

Injury Accident — Fountain at Central Avenue. Vehicle vs. pedestrian, pedestrian taken to CHOMP.

Vandalism — 500 blk. Fountain, large amount of graffiti.

Loud Party — 1200 blk. Ocean View Blvd.

Suspicious Circumstances — Open door at Book Works, turns out okay.

Found Property — Abandoned men's white mountain bike found in 200 block 17th street.

Vandalism — Forest Grove School. Coat hooks broken off wall.

Domestic Dispute — 1100 blk. Forest Ave. Female half left to stay night with friend after saying she had received no physical injuries.

Loud Party — 16th Street.

Drugs — 19-year-old Carmel Valley man arrested for possession of methamphetamine and marijuana. Felony warrant, no bail. Female driver, also 19, taken into custody and released.

DUI — Lighthouse at 4th, 29-year-old Hollywood man fails sobriety test.

Truancy — Third grader has missed over 40 days of school this year. Guardian notified.

Vandalism — PG Adult School. Three-inch swastikas and "SS" scratched on front doors. No suspects.

Obscene Phone Call — Martine Inn, Central Avenue, teenage male used sexual references and profanity.

Loud Party — 200 blk Ransford. Subjects agree to hold down the noise.

Stolen Vehicle Recovered — 1100 blk Lighthouse. 1988 VW Jetta recovered, fingerprint lifted, ignition key taken into evidence.

Suspicious Circumstances — 1300

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Alana Warcken
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PG Chamber: Education + Business = Success

Pacific Grove Chamber of Commerce's Young Entrepreneur Awards (YEA!) will be presented Tuesday evening May 21, 7 pm, in the PGHS library. Middle School Honors Night is Wednesday, June 12, in the PGMS auditorium.

Cash awards, including \$350.00 for the Grand Prize, will honor students whose business plans most impressed the judges.

Each business plan begins with \$500 in start-up capital and describes product, marketing strategies, analysis of competition, legal aspects, sales projections and financing.

The YEA! program judging committee is headed by Tom Long of Payroll Partner. He is assisted by Charles Mudd, Service Master; Tom McKinney, State Farm; Marie Perucca-Ramirez, Fishwife Restaurants; Gene Palermo,

Guardian Information Services; and Lisa Esterbrooks, CoAmerica Bank.

Larry Krum of Encompass Communications and Rebecca Riddell of Riddell & Riddell Advertising, lead a team of business people recruited to review and help fine-tune the students' business plans.

Donations were made to the YEA! program by Country Club Gate Center, the Holman Building, Fine Print, the Butterfly Grove Inn, Hal Green, Ocean View Veterinary Hospital, and CoAmerica Bank.

Committee co-chairs, Rebecca Riddell and Jan Hanson of the American Tin Cannery outlets, and committee members, Larry Krum, Harry Crawford of Sunset Leather, and Dr. Eric Haag, lead fundraising efforts.

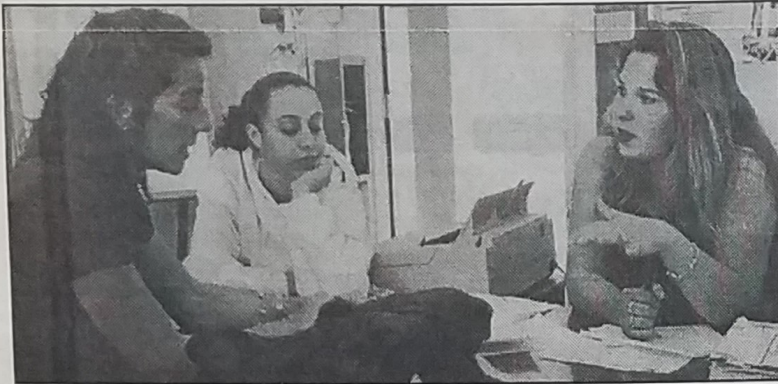
The Chamber encourages additional donations to be made to the Pacific Grove Chamber of Commerce Young Entrepreneur Awards and sent to the Chamber office at P.O. Box 167, Pacific Grove, CA 93950.

Now in its second year, the YEA! program is designed to stimulate business interests in Pacific Grove students.

Last year's PGHS grand prize winners



RAGS TO RICHES is an award-winning business concept from Laura Meadows, (left) and Cecilia Phan., PGHS ROP students participating in the PG Chamber's Young Entrepreneur Awards Program. PG Chamber photo.



VOLUNTEER BUSINESS CONSULTANT, Kay Villalobos of Meese Mouse, and PGHS students Rianna Favalaro and Heather Nichols participated in the PG Chamber's young Entrepreneur Awards. PG Chamber photo.

MILESTONES

BIRTHS

Colin Roy "Cory" Peterson was born 3/15/96 in Manchester, England to Lee and Nicola Peterson. Proud Pacific Grove relatives include grandmother Joanne Peterson, great grandmother Mildred Christensen, and aunt Serena Reinhardt.

Luke Patrick Schrader was born 4/30/96 to Daniel and Stacey Schrader, Pacific Grove.

Riley Douglas Donald Falconer was born 4/30/96 to Rick and Michelle Falconer, Salinas.

Dalton Andrew Pick was born 4/20/96 to Dino and Karen Pick, Pacific Grove.

Brandie Eleanor Wilson was born 4/20/96 to Darren and Michelle Wilson, Pacific Grove.

Camille Equeen Elizabeth Wallace was born 4/18/96 to Harry and Donna Wallace, Pebble Beach.

Nicole Renee Hage was born 4/22/96 to Abdo and Samar Hage, Pacific Grove.

Emily Annalyse Knight was born 4/29/96 to John and Leslie Knight, Carmel.

Elizabeth Diane Ellison was born 4/30/96 to John and Kristine Ellison, Pacific Grove.

Cole Parker Smith was born 4/27/96 to Joe and Peggy Smith, Pacific Grove.

Lindsay Caitlin Keeler was born 5/5/96 to Kristin Watson Keeler and Christopher D. Keeler, Salinas.

DEATHS

Mathew Vu Tam Ich, 73, died May 6 at Community Hospital following a long illness. Born April 19, 1923, in Hanoi, he had been a resident of Pebble Beach for 25 years.

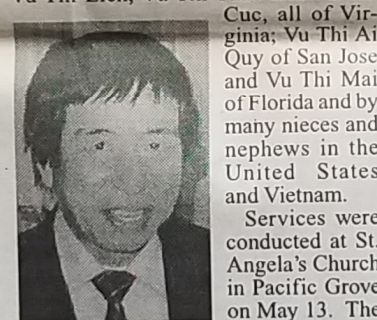
Dr. Ich held a French Baccalaureate from Lycee Albert Barrault in Hanoi and BA, MA and Ed Doctorate from the University of Kentucky. He retired from the Defense Language Institute in Monterey on Jan. 25, 1991 after 25 years of service. He was a Foreign Language Advisor, Headquarters DLI in Washington D.C. from 1957 to 1971.

Dr. Ich was a Vietnamese language instructor and supervisor, NSA, Fort Meade, Md. from 1956 to 1967. He was an assistant professor of Vietnamese, Language Division, Naval Intelligence School, Anacostia, Washington D.C. in 1954-55. He was chief clerk, American Consulate, Hanoi from 1947 to 1950.

He was awarded a Smith-Hundt

(Fullbright) scholarship to study in the United States in 1950-52. He was a Phi Delta Kappan and was fluent in Vietnamese, French and English. He was a member of the Knights of Columbus and the Parade of Nations.

Dr. Ich is survived by Paulette, his wife for 37 years; two sons, William of Los Angeles and Paul of Pebble Beach; two brothers, Vu Tam Tinh of Hanoi and Vu Thanh Long of Maryland; five sisters, Vu Thi Lien, Vu Thi Thao and Vu Thi Cuc, all of Virginia; Vu Thi Ai Quynh of San Jose and Vu Thi Mai of Florida and by many nieces and nephews in the United States and Vietnam.



Vu Tam Ich

Services were conducted at St. Angela's Church in Pacific Grove on May 13. The family suggests memorial contributions to St. Angela's Church or to the American Cancer Society.

Mary Bourne Brush, 79, Pacific Grove, died May 10 at Community Hospital.

Born March 25, 1917 in Philadelphia, PA, Mrs. Brush was a graduate of Wheelock College, Boston, MA. She was a member of St. Marys-by-the-Sea Episcopal Church, Pacific Grove, and was active in their guild and thrift shop. She also was a volunteer at the Monterey Bay Aquarium and a local volunteer with the Navy, Marine Corps Relief Society. She was a former member of the Saratoga Junior League.

Survivors include sons, David G. Brush of Woodstock, New York, Dr. Stephen B. Brush of Davis, and Dr. Edwin G. Brush, Jr., of The Hague, Netherlands; sisters, Eleanor B. Wentz of Malvern, PA, and Amy B. Mollvaine of Westchester, PA; and three grand children. Memorial services will be held today, May 17, at St. Mary's Episcopal Church, Pacific Grove, at 2 pm. Her ashes will be scattered at sea.

Family members suggest memorial contributions to her church, 12th & Central Ave., Pacific Grove, 93950, or to the United Way of Monterey County.

Ruth Pauline Beasley, 88, Pacific Grove, died May 10 at the Pacific Grove Convalescent Hospital.

Born April 18, 1908 in Perth, New Brunswick, Canada, Mrs. Beasley gradu-

ated from Santa Cruz High School, was a homemaker, and previously worked in various secretarial, receptionist and sales positions. She was a member of the Christian Church of Santa Cruz, Tau Mu Sorority, and Welcome Wagon.

Survivors include her husband of 67 years, Orel Lee Beasley of Pacific Grove, son, John "Jack" Corrydon Beasley of Santa Cruz, and sister, Grace Ford of Pacific Grove.

The family suggest contributions in her memory to the American Heart Association, 1514 Moffett St., #1, Salinas, 93905.

Frances Dean Steffen, 87, Pacific Grove, died May 10 at Pacific Grove Convalescent Hospital.

Born June 21, 1908, in Vershire, VT, Mrs. Steffen came to the Monterey Peninsula in 1932, having attended the Chicago Art Institute, Oberlin and Pomona Colleges. She was an early member of MPCC. In 1946 she married L. Paul Steffen, who died in 1976. Mrs. Steffen volunteered with the Red Cross during WW II and locally with CHOMP and Monterey Peninsula Museum of Art. An accomplished artist, she produced works of mosaic, tapestry, applique and paintings.

Survivors include her sons, Garry Shaw of Sutter Creek, Larry Steffen of Castroville, and Dr. Peter Steffen of Pebble Beach; daughter, Paula Fairley of Maine; sister, Virginia Judson of Carmel; five grandchildren and two great grandchildren.

The family suggests contributions in her memory to the donor's favorite charity.

Kathryn Maldon Freericks, 87, Pacific Grove, died May 9.

Born January 13, 1909 in Portland, Oregon, she was a bookkeeper for several businesses on the Peninsula, including Bekins Van & Storage in Monterey.

For the past 25 years, she was known as "Katie the Candy Lady" to the children of her neighborhood. She often passed out candy and treats, and taught the children card games.

Ms. Freericks is survived by a niece, Dr. Jan Grouse of Gig Harbor, Washington. Memorial services will be held at a later date. Memorial contributions may be made to Community Hospital, P.O. Box HH, Monterey, 93942, or any wildlife organization.

Hester Jeanette Thompson, 100, Pacific Grove, died April 25 at Canterbury Woods Medical Unit.

Born March 8, 1896 in Santa Cruz, Miss Thompson was a graduate of Mills

College, Munson's Secretarial School in San Francisco, and held the degree of Master of Science in Business Education from Armstrong's College in Berkeley.

She began her teaching career at San Rafael High School and also taught in Durham, Santa Cruz and Jackson. For over 31 years she taught in the Business Dept. at Burlingame High School, and was chairman of that department. She was a charter member of the San Mateo Branch of the American Association of University Women.

After retirement, she worked with the Diocesan Altar Guild at Grace Cathedral, San Francisco, making vestments and Altar linens.

She moved to Pacific Grove in 1966, where she continued with the making of vestments and Altar linens.

There are no known surviving relatives. At her request, no services will be held. Memorial contributions may be made to St. John's Chapel, P.O. Box 1029, Monterey, 93942.

Phyllis Jean Black, 63, Pacific Grove, died April 29 at her residence.

Born November 8, 1932 in Manzanola, Colorado, she was a member of CHOMP Auxiliary and the Monterey Bay Aquarium. Before retirement, she worked as a bookkeeper.

Survivors include her husband, Eugene Black of Pacific Grove; daughters, Danee Hill of Independence, Missouri and Paula Black of Carmel Valley; and two grandchildren.

The family suggests memorial contributions to the Cardio Wellness Program at CHOMP, or the American Heart Association.

K. Douglas Zug, 63, former Pacific Grove High School English teacher, died April 24 at his home in Menlo Park.

Born July 20, 1932, in Monterey, Mr. Zug was Valedictorian for the Pacific Grove High School, Class of 1950. He received the Monterey Rotary Scholarship to MPC where he was elected student body president.

A graduate of U.C. Berkeley, he received his Masters Degree in Speech & English from the University of Oregon, then served as an ensign in the U.S. Navy during the Korean Conflict.

Survivors include his son, Kenneth Lee Zug of Eugene, Oregon; sister, Joan Zug of Marina; father, Kenneth E. Zug of Marina; and two grandchildren. At his request, no services were held.

Paul Mortuary, Pacific Grove, was in charge of all arrangements.

FEATURES

Sewing machine and fabric store relocates at Pacific Grove Plaza

The public is invited to the Grand Opening of the Hand Maden's re-location to 620 Lighthouse Avenue in Pacific Grove Tuesday, May 21 from 5-7pm.

A ribbon-cutting ceremony opened by Mayor Sandy Koffman with food and refreshments has been arranged by the Ambassador's Club of the Grove Chamber of Commerce.

The Hand Maden, located on Grand Avenue for 16 years, is now in the Pacific Grove Plaza on Lighthouse Avenue at the Corner of 17th and shares the street front with Chili Great Chili.

Visiting the Hand Maden is like stepping into a stitcher's heaven. Oceans of fabrics line the walls. A full line of sewing machines, notions, buttons and stitching fun abound in the new spacious 3,000 sq. ft. showroom.

The store was originally founded by Olivia Shaffer in Carmel in 1983. She

moved the business to Grand Avenue in Pacific Grove and was joined by her husband Don, whose previous 20 years work in computer engineering made him a wizard in his role in machine repair and maintenance.

After 10 years on Grand Avenue it was time to expand and the couple looked at numerous locations around the Peninsula. Several customers were so determined they stay in town they were encouraged to contact Greg Beardsly, owner of the PG Plaza and took the space previously occupied by the What's Its Name Bank.

At this new expanded site there are three classrooms, which is a good thing, since Hand Maden specializes in education.

With an offering of over 100 different classes (quilting, clothing, home decorating, lo-sew), there's something for people at any skill level to enjoy.

In fact, many of the staff travel exten-

sively for top-notch training. Recently, Olivia and others have been to Sacramento, Phoenix, Portland and Cleveland. They offer at least one hands-on class to customers who buy machines and sergers, and ongoing instruction is always available.

The Hand Maden's needlework department has been expanded into a room of its own called the "Fiber Vault" so-called because the space was formerly the Former Name Bank's vault.

The Hand Maden boasts a top performance line of sewing machines and sergers. It's the largest dealer in Monterey County of Viking and White sewing machines.

With the No. 1-rated Viking machine (Consumer's Digest) "a cottage industry has sprung up around the country, allowing folks to make a fun living out of their own home with the ease and sheer whiz of computerized sewing," says Olivia.

The top machine has 4,000 stitched designs

available. With a touch of a button, these designs (monograms, logos, cartoon figures, etc.) can be stitched by the machine in mere minutes.

Since the machine is PC compatible and has software available to scan and digitize any images (such as a logo), you can easily take the image from paper to stitches.

The Hand Maden has a professional staff and dozens of models available to demonstrate the wondrous sewing opportunities now possible for any skill level.

Everyone is welcome to view and try-out equipment during the Grand Opening. A drawing for a new sewing machine and other prizes are available.

"Catch the creative spirit," says Olivia. "Start a project, get some advice, or sign up for a class."

The Shaffers and their entire staff at the Hand Maden are ready to welcome the community and offer their expanded services.



Olivia and Don Shaffer



UNDER THE helpful eye of a Hand Maden sewing instructor Jean Milhorn, these two Pacific Grove residents practice embroidery generated from computer programs. The two may be planning to use their skills for profit and enter the \$450 billion home industry market to finance their retirement and world travel plans. Beacon photo by Eric Colby



RENOVATED OFFICE IN PACIFIC GROVE

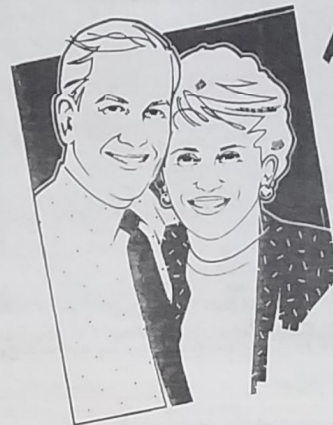
Arrhythmias or palpitations are irregular heart beats. These may be important symptoms that are treatable.

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535 E. Romie Lane Ste. 7
Salinas, CA 93901
(408) 771-9055



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RETIREMENT
IS EVERYONE'S
DREAM.**

Answers to the most commonly asked questions concerning the Medical Care Program at Canterbury Woods can be found in a handy pamphlet which covers all the bases. Among the subjects addressed are emergencies, hospital care, the Canterbury Woods medical center, and the convenient clinic on the premises. To receive a copy, or to inquire about any aspect of Life Care at Canterbury Woods, please call Carol Raj at 373-3111.

Canterbury Woods • 651 Sinex Ave. • Pacific Grove

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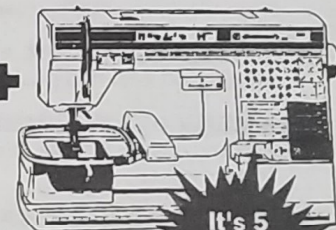
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MAY 21
5-7 PM**

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**13th Anniversary
GRAND OPENING**
Mayoral Ribbon Cutting

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valued at \$499. No purchase necessary.

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Husqvarna
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On sewing machines and sergers

FREE CLASS
and ongoing instruction
with purchase.



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COMPETITOR'S PRICE!**

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4:00pm-6:00pm DAILY
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Available 7 days a week

Only 7.99

ENGLISH CUT PRIME RIB. THIN cuts of prime rib
served with horseradish, baked potato & vegetables.

BROILED SNAPPER. topped with almond lemon but-
ter, served with rice pilaf & vegetables.

TINNERY FETTUCCINE. Bay shrimp & artichoke hearts,
with vegetables & pasta in a white cream sauce with garlic
bread.

BROILED BBQ CHICKEN. A chicken breast topped
with Tinnery BBQ sauce, open-faced on sourdough with french
fries & vegetables.

CHICKEN CAESAR SALAD. Chicken breast on mixed
salad greens with the Tinnery's Caesar dressing.

BROILED SALSBUURY STEAK. Ground chuck topped
with mushrooms & beef gravy, served with mashed potatoes
and vegetables.

SPAGHETTI & MEATBALLS. A traditional favorite with
Parmesan, toasted garlic bread & vegetables.

(Price includes soup or salad and fresh baked bread) Menu offered from 4pm to 6pm daily

tinnery

631 Ocean View Blvd., Lovers Point Park, PG • 646-1040
Open for Breakfast, Lunch & Dinner
Sun-Thu 8am-Midnight • Friday and Saturday 8am - 1am

ABOUT TOWN

Camp Cages. The first week long day-camp session in a series of four, scheduled this summer for boys and girls 6-13, opens June 17th at Cages, the baseball batting center in Monterey. The 8-5 sessions include breakfast, lunch, all activities, sports center admission, batting, video games, pool, etc. Check 375-1800 for details.

El Cocodrillo. Jazz Request Happy Hour with song stylist Mary Anne Randl begins this Sunday, April 14 at El Cocodrillo. From 4:30-6:30pm every Sunday Mary Anne invites you to stop by for a bite and hear your favorite jazz standards accompanied by pianist Martan Mann. 701 Lighthouse Avenue, 655-3311.

First United Methodist Church. The Handbell Choir of the First United Methodist Church of Pacific Grove will be giving a Free concert on Friday, May 24th at 7:30pm. This fun and informative presentation of various styles of music for handbells will occur in the church sanctuary at the corner of Sunset and 17-Mile Drive, Pacific Grove. A free-will offering will be requested. All ages are welcome. 372-5878 for information.

Holman House. Art instructor Jim Sarno will introduce Navajo sand painting to students after school. For ages 6-12 on Tuesdays, May 21 and 28 from 3:30-5:30pm. The Beacon received late notice of this. Class began May 14. Call 373-2061 to see if there is room for your child. 769 Lighthouse Avenue, Pacific Grove.



Pacific Grove Dining Guide

BRAZILIAN Café & Restaurant will be a surprise for you and a new eating experience you'll talk about. Unusual dishes and sauces blend ingredients and flavors from three cultures: Portugal, Italy and Africa. Try the national dish Feijoada. Dinners from 5pm Mon-Sun. 1180-F Forest Avenue. 373-2272

CHILI GREAT CHILI The menu will surprise you-not only 3 types of chili in a dozen different combinations, but great burgers, fries plus hard-to-find items like Hungarian Goulash Soup w/Garlic Bread or Beef Stroganoff and many others. This is also the only place on the Monterey Peninsula where one can play Keno and other California Lottery games in a civilized atmosphere while sipping coffee and munching a snack. Closed Mondays. 620 Lighthouse Avenue. 646-0447

EL COCODRILLO Rotisserie & Seafood Grill. Fresh, flavorful adventures in dining: Seafood, grilled and rotisseried meats, vegetarian platters! Award-winning dining in friendly, colorful, tropical surroundings! Cantina: Beer, wine & appetizers 4-6pm. Dinner 5-10pm. 701 Lighthouse Ave. at Congress. 655-3311

PEPPERS MexiCali Café features Mexican and Latin American cuisine served in a casual Southwestern setting. Fresh seafood is our specialty. Try the grilled salmon tacos or the marinated swordfish fajitas! Open for lunch & dinner, closed Tuesday. Downtown PG at 170 Forest Avenue. 373-6892

ROUND TABLE Pizza features NEW gourmet pizzas, sandwiches, calzones and more. Great for reserved parties for teams and birthdays...come celebrate! Mon-Th 11am-10pm, Fri-Sat 11am-11pm, Sun 12-10pm 1160 Forest Ave. 373-1391. Ltd. Delivery 373-0178

YANG'S Happy Family Restaurant was voted best Chinese cuisine on Monterey County. Experience house specialties like Mixed Seafood in Simmering Clay pot or Shanghai Duck. Open 7 days with FREE DELIVERY 'til 10pm. 1116-A Forest Ave. at David, Pacific Grove. 648-YANG (9264).

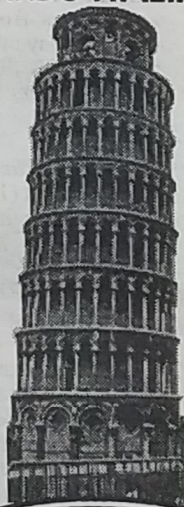
Juice n' Java. "The Openers" with Kurt and Michael (drums and acoustic guitar) this Saturday nite, from 8-10 pm. Open mike every Wednesday 8-10 pm. 599 Lighthouse Avenue. Robin Way, a Pacific Grove photographer, is currently exhibiting his photographs at Juice and Java (Lighthouse and 16th street). Way grew up in Carmel, joined the conservation staff of the Sierra Club in San Francisco and has been photographing Nature's way since the 1960's. Recently Way has focused his lens on the environments of Hatton Canyon and upper Carmel River near the proposed new Los Padres Dam.

Natural History Museum. Now showing photographs by Katherine B. Rambo capturing natural art on film. Her photographs depict the beauty of natural forms, attempting the "fusion of art and science, facts with observations, inquiry with contemplation, and speculation without conclusion." The next featured exhibit "Del Monte Forest" is scheduled to open June 1. Museum is open Tuesday-Sunday 10am - 5pm, Corner of Forest and Central, downtown Pacific Grove.

PG Art Center. Tonight from 7-9pm is the public reception with the artists for the Center's new exhibits for May through June 21. Featured artists are Donna Brough: "Southwest Impressions," an exhibit of landscapes in mixed media with Alexander Prokopenko's figurative sculpture in bronze and marble shown in the Gill Gallery. Lyndi Angermeier's "California Landscapes" of plein-air paintings in oil are hung in the Dyke Gallery. An exhibit of Kathleen Daywalt paintings "California Influence" are in the Boyer Gallery. And the Photo Gallery features "Images of Mexico: by Douglas Steakley. The reception is free and open to the public upstairs at 568 Lighthouse Avenue, Pacific Grove, 375-2208.

Portofino Presents. Aut-hentic old time mountain music by Ginny Hawker and Tracy Schwarz will begin at 8pm, Saturday May 18. As summer instructors at old time music camps in North Carolina and West Virginia, the couple play and sing the stuff which musicologists say gave birth to bluegrass music. "It's old English and Scottish ballads, it's unaccompanied humns, and it's the traditional folk songs come down to us through the people who lived and still live in the Southern Appalachian Mountains," says Beck Mojica, a Pacific Grove resident and musician.

LEANING TOWARDS ITALIAN?



Joe Rombi's
la mia cucina

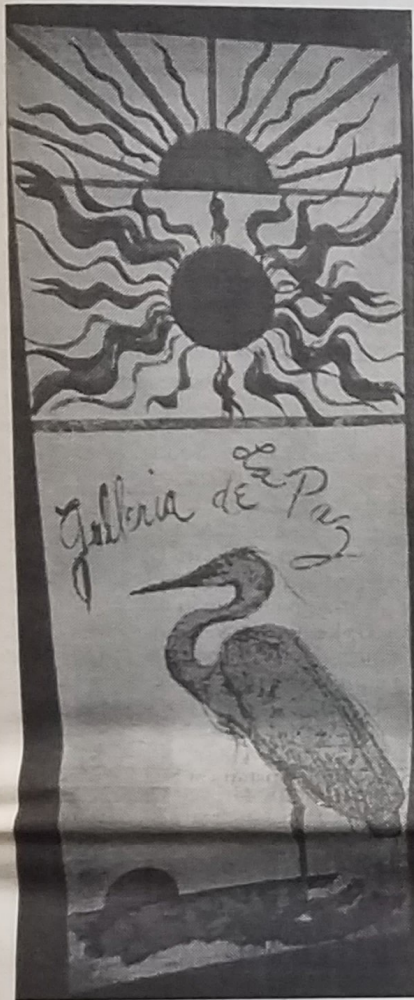
208 17th Street • Pacific Grove
OPEN WEDNESDAY-SUNDAY 5-10
373-2416

ABOUT TOWN

The performance will be in the PG Art Center, 568 Lighthouse Ave, 373-7379 or 372-4084 for reservations.

Raven in the Grove. This evening, Friday May 17, between 6-8:30pm, a reception for photographer Robin Rosenzweig will be held to open her exhibit "Call of the Red Cape," a collection of fine art photography. The exhibit will run through June 30. Public is invited to 505 Lighthouse Avenue. Regular bookstore and gallery hours are Tue-Sat 10am-6pm, Sun 12-6pm. Call 649-6057 for info.

St. Angela's Hall. Book Sale this Saturday and Sunday, May 18-19 from



ENTRANCE to the new Galleria de la Paz off Lighthouse Avenue upstairs above Sprouse Rietz.

9am to 2pm in the Church Hall, 10th and Lighthouse Ave, Pacific Grove. Fiction, non-fiction, paper backs, children's books, travel, biographies, cookbooks and religion. Also silent auction. Donations of books still welcomed. Benefits St. Angela's Parish Library.

Tinnery. Brian Diamond, with his acoustic guitar, sings from 9-12pm Tuesday through Saturday in the lounge. Cover songs from the 70's, 80's and 90's. 631 Ocean View at Lovers Point. 646-1040.

Unicorn Theatre. "The Rivals" by Richard Brinsley Sheridan (1751-1816) opens at 8pm Friday nights thru June 1st at the Hoffman Playhouse. Along with "The School for Scandal" and "She Stoops to Conquer," "The Rivals" represents the playwright's most frequently revived play and represents one of the pinnacles of theatrical endeavor during the reign of George III. It's a triumph of "laughing comedy". Showtimes are 8pm Fridays and Saturdays til June 1. Sunday matinees May 19 and 26 at 3pm. 320 Hoffman, Avenue, New Monterey, 649-0259.

And, for the kids, "Jack and the Beanstalk" is now playing Saturdays at 2 and 4pm and Sundays at 6pm through June 7. This children's classic is an adaptation and directed by Cynthia Womack. Tickets \$5 for adults and children, call 649-0259 for reservations (VISA/MC), also available at Spanish

Bay Galleries 373-0554 and Bookmark 648-0508 in Pacific Grove.

Next events calendar deadline is Friday, May 24. Black and white photos for best reproduction. Address correspondence to "About Town."

New gallery is "no fee" for local artists

How does an imaginative artist in Pacific Grove obtain an affordable studio to work in away from home?

Lease a large space, start painting, in a part of it, and rent to rest to other artists for use as an exhibition gallery.

That's exactly how Galleria de la Paz, upstairs at 582 Lighthouse Avenue (above Sprouse Rietz), came into being earlier this year when artist Noelle Kanutson decided on a bold approach to solve her need for work space.

Galleria de la Paz is a non-profit art gallery inspired to provide an affordable and intimate venue for artists to display and sell their work while hopefully increasing their earnings by being able to sell their art themselves without paying a commission to a gallery.

The Galleria is available to artists for \$100 per calendar month. They must staff it themselves during exhibition hours and pay no commission on sales to the owner.

Kanutson, who is a traveling saleswoman by day, opened her gallery/studio officially March 1 when artist Gail Goodenow exhibited her work for a month.

In April artist Charles Hagan of Carmel Valley hung his exhibit "Assemblage" of paper machee, metal and wood, acrylic, and oil and acrylics.

In May two Pacific Grove artists Carol Guido and Charles Haas have their art on display. Gallery hours are M-F 2-6pm. On weekends the gallery is open from noon to 6pm.

Kanutson grew up in Mill Valley California, obtained degrees in education and fine art from UC Irvine and Sonoma State College before coming to the Monterey Peninsula in 1981. Nature is her usual subject which she interprets in acrylics and oil.

Auditions scheduled for two Unicorn plays

Auditions for two stage productions at the Unicorn Theatre in New Monterey start tomorrow, Saturday, May 18.

Auditions for John Steinbeck's *Of Mice and Men*, (to be directed by Casey Crockett) will be held tomorrow from 11am to 1pm and Monday, May 20, from 7-9pm at the Unicorn Theatre, 320 Hoffman Avenue, at Lighthouse Ave.

Not all roles are available but all are encouraged to audition. Evening performances are scheduled July 12 to August 10 on weekends with two Sunday Matinees July 28 and August 4 at 3pm.

Auditions for Brendan Behan's *The Hostage*, directed by John Gary Pullen, are scheduled Saturday June 29 and Sunday June 30. Performance dates for that production are September 20 - October 19 (8pm Thu, Fri and Sat with two Sunday 3pm matinees October 6 and 13. For more info and to schedule an audition time call 372-5546.



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OPEN 8am - 3pm
Dinner 5:30pm

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Beer & Wine available

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541 Lighthouse Ave, PG
372-4641

Pacific Grove Art Galleries & Antique Stores

1 Antiques Warehouse

A collective of 12 dealers bringing you everything from primitive to Art Deco. Plus collectibles from the 1950's and 60's. Furniture, art, jewelry, etc. Open Mon-Sun 11-5. 2711 David Avenue. 375-0701

2 Artists Forum Gallery

Contemporary art, paintings, photography and sculpture. Open Tue-Sat 10-5. 309 Forest Avenue. 375-4278

3 Anything & Everything

A resale emporium of old, new, and collectible household items from architectural salvage, Estate acquisitions, garage sales. Hours 11-5:30 Tue-Sun, 158 Fountain Avenue. 649-6251

4 Front Row Center

An array of antique treasures- Estate Jewelry, pictures, mirrors, lamps, linens, silver, porcelain, pottery, glass, books, collectibles. Open Mon-Sat 10:30 - 5:30, Sunday 12-5. 663 Lighthouse Ave. 375-5625

5 Greenebaum Philatelics

Specializing in First Day Covers - Stamps and Supplies for novice or experienced collectors. By appointment 372-6163 or 375-5625 at Front Row Center, 663 Lighthouse Avenue.

6 Hawk Fine Arts

Early and contemporary California and Monterey regional art-painting-sculpture-drawings and prints. Open Thurs-Sat 11-5. 206 Fountain Avenue. 373-6007

7 Trotter's Antiques

A premier antique shop with emphasis on Victorian, Elizabethan, French and American furniture and art glass. Period 18th-19th Century antiques. American brilliant period cut crystal, porcelain. Finest antique lighting fixtures plus antique dolls. Open Mon-Sat 10-5. 301 Forest Avenue. 373-3505

8 Pacific Grove Art Center

Largest gallery on the Central Coast. Houses working studios of eight working artists. Three main exhibit halls feature a variety of interesting and unique exhibits in all media. Open Tue-Sat 12-5. 568 Lighthouse Avenue. 375-2208

9 Vandon Collection

Distinctive crafts, fine art jewelry, contemporary art. Open Mon-Sat (closed Sunday). 650 Lighthouse Avenue. 655-8205

10 Patrick's Consignment

Don't miss the Patrick's experience! Come see this 6,000 sf showroom full of artful vignettes of antique and future antique home furnishings PLUS 35 dealer cases of jewelry and collectibles from all over the world. Mon-Sat 10-5:30, Sun 12-5. 105 Central Avenue. 372-3995

11 Vehicle Gallery

Featuring photography and paintings. Check About Town for scheduled shows. (In back of the Camera Exchange). 551 Lighthouse Avenue 373-0448



JOANNE RYDER

Author of Jaguar in the Forest
and Earthdance

Saturday, June 1, 1996 • 1-3pm
Booksigning

Mulberry
a bookshop for children

716 Lighthouse
Pacific Grove • 375-3016
Open: Tuesday-Saturday
10-5 • Sunday 10-4



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It Takes Two
Tom & Huck**

COMING SOON

**CASINO
Jumanji
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HOURS: Mon-Thurs 10-9,
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THIS SUMMER BE A JUNIOR LIFEGUARD

A four week ocean safety
program for boys and girls
9-16 years of age.

Session One: Session Two:
JUNE 17-JULY 12 JULY 22-AUG 16

**ASILOMAR STATE BEACH
Monday-Friday • 9am-2pm**

Learn about the ocean... Be
trained in Surf Rescue, First
Aid and CPR. Field Trips to
Surf, Snorkel and Whale
watching! Jr. Lifeguard Com-
petition. Space is limited...call
to sign up for tryouts NOW!

372-4087



California State Piranha

BUSINESS NEWS

Other People's business

Granary Market. Dozens of manufacturers will provide tastings and samples of products ranging from grocery items to organic produce, from vitamins to cosmetics at the Granary Saturday, June 1. The occasion is the store's 24th anniversary celebration and the entire community is invited to this food fair to be held from 1-6pm at 167 Central Avenue in Pacific Grove next door to the Granary. Three lucky winners will take home prizes from a special drawing.

PG Business Center. Thursday, May 30, this copy, postal, reproduction, packaging, and gift store will observe its second anniversary in the store at 612 Lighthouse Avenue. Complimentary refreshments and admission. The business is conceived and owned by former Grove Mayor Jeanne Byrne.

KAZU program. Programming for your local public service radio broadcasting station is now available on the station's World Wide Web site on the Internet. The site contains profiles of KAZU programs and hosts, email addresses for staff, and an interactive page for listeners to send comments or become KAZU financial contributors. "Getting the station on the Internet has been a major priority of mine since I became station manager in 1994," says station Manager Joe Pastori. Net surfers find KAZU at <http://www.kazu.org>. Programmers and staff can be emailed at dj@kazu.org. KAZU first went on the air here in 1977.

Welcome Back. Randy Fuller of Pacific Grove has just opened this new store in the Capitola Mall in Santa Cruz County. A Grand Opening celebration is to be held Monday, May 27th between 11am and 6pm. The store features relaxation products and services. A two-for-one offer for the 8-minute drop-in "Welcome Back Rubs" are one of the stress-reducing services regularly provided by the increasing national popularity of chair massages which are quick, convenient and involve no disrobing. Relaxation products and services help people relax, reduce stress and tension and include furniture, back and neck support pillows, table top fountains, relaxation audio tapes, pregnancy comfort products, and etc.. Randy claims his place is a veritable oasis to visit after a tough day at the office, computer terminal or shopping. Frustrated by unsuccessful attempts to lease space in the Holman Building, then Del Monte Center, Randy went north to locate his business. He hopes to open another store in Monterey County next fall.

Chamber lunch. Baylee's Restaurant, 1120 Lighthouse Avenue in Pacific Grove, is the site Thursday May 23 for the noon-1:30pm quarterly membership luncheon of the PG Chamber of Commerce. The Economic Revitalization Report by the Economic Revitalization Committee will be presented to membership. Chef Hugh Butler, formerly with Quail Lodge, is the host. Lunch is \$10, non-members are welcome with \$20. A good opportunity for getting acquainted with fellow business owners in town. Over 400 of approximately 750 retail and professional businesses in Pacific Grove are members of the Chamber.

Peninsula map. A map of Pacific Grove and neighboring cities designed and published by the PG Chamber of Commerce has received the Gold Award for Design and Printing, presented by the International Association of Printing Houses. The organization represents 1200 members worldwide. The multiple fold-out map features scenic and historical attractions of the city plus tourist-oriented advertising from local eateries, real estate agents, and gift

stores. Complimentary copies are available to residents through the Chamber office on Central Avenue at Forest. Call 373-3304 for info.

PG Art Center. Tonight from 7-9pm is the public reception with the artists for the Center's new exhibits for May through June 21. Featured artists are Donna Brough: "Southwest Impressions," an exhibit of landscapes in mixed media with Alexander Prokopenko's figurative sculpture in bronze and marble shown in the Gill Gallery. Lyndi Angermeier's "California Landscapes" of plein-air paintings in oil are hung in the Dyke Gallery. An exhibit of Kathleen Daywalt paintings "California Influence" are in the Boyer Gallery. And the Photo Gallery features "Images of Mexico: by Douglas Steakley. The reception is free and open to the public upstairs at 568 Lighthouse Avenue, Pacific Grove, 375-2208.

Hedy's Backerei. It's not a foreigner's spelling error. "Backerei" means bread in German. This addition to Pacific Grove by Paul and Hedy Wainscoat, brings European breads and pastries to town baked daily at 219-1/2 Forest Avenue next to Alpha Stationers. Paul Wainscoat became a pastry chef with his father who owned three bakeries. When he and his wife Hedy lost their lease for their first bakery in Carmel they came to Pacific Grove and remodeled what was formerly Pucci's Bakery. Wood parquet flooring, mahogany show cases and pastiche ceilings and walls distinguish the bakery's new look along with a huge window to the kitchen. Their repertoire is old-fashioned, Old World recipes. What's new is use of organic wheat flour, canola oil, and not a lot of sugar. Cakes, strudels, stuffed croissants, pecan pralines, cheese cakes, cinnamon swills, Kalamita, olive bread, and cheese Danish are a few goodies baked each day. Hours are Monday-Saturday, 7:30am to 6pm.

Chops Sticks. Back in the 1970's Tom's Restaurant was a popular luncheon spot on Forest Avenue serving the best Chinese food in town, right across the street from Bertolucci's, which served great Italian food for dinner. Bertolucci moved to 17th Street, then retired, to be replaced by Joe Rombi who now serves superb Italian food. What used to be Tom's opened too late last week for us to see what cooks. So, until next issue, all we can do is let you know it's open again.

Grove Nutrition If your body doesn't feel like you want it to and, if medical attention you seek isn't helping, you might want to visit Grove Nutrition and ask about muscle-testing. This is a natural procedure that determines where the body's flow of energy is being blocked, indicating that your body is out of chemical balance. Free consultations can detect symptoms which, along with information about your sleeping and eating habits, can lead to recommendations for changes in your nutrition. Herbs, vitamins, nutritional supplements known to heal or balance your body's digestive, circulatory, respiratory, muscular and other systems may be recommended. This is what they do at Grove Nutrition, 543 Lighthouse Avenue, Pacific Grove.

American Tin Cannery. A remarkable exhibit of 29 mural-sized prints of photographs taken in the late 1800's in, and around, China Point is now hung in the lobby at the American Tin Cannery, Pacific Grove's only indoor shopping mall. Occasion for the exhibit is an effort to popularize acceptance for a monument, recognizing the significance of the Chinese settlement and its Pacific Grove fishing industry that grew into the fishing bonanza manifested in the creation of Cannery Row. Sculptor Christopher Bell is being sought to create the monument. In case you'd forgotten about ATC, it's located on Ocean View Blvd at Eardly, across the street from the Monterey Bay Aquarium.

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CLUB NEWS

Chamber honors Russo on retirement

Pacific Grove Chamber of Commerce will host a retirement luncheon to honor business woman Janice Russo, owner of Prim & Proper, who is retiring in July.

Prim & Proper, a women's fashion store, is an institutional tradition in Pacific Grove where visitors and residents enjoyed hometown service, according to Moe Ammar, Chamber executive vice-president. In the last 16 years Janice developed a repeat customer base because of her courteous spirit.

The honorary lunch will be held on Thursday, May 23 noon until 1:30pm at Baylees Restaurant, 1120 Lighthouse Avenue. Chef Hugh Butler, formerly with Quail Lodge, recently purchased and overhauled the restaurant, previously known as Fog and Fish.

Mayor Sandy Koffman will present the Economic Revitalization report to the Chamber members. City Manager Michael Huse will discuss the 1996-97 city budget.

Reservations are required. Lunch is \$10 form Chamber members, \$20 for non-members. 373-3304 for info.

Summer movie sales to benefit PTA's

The Pacific Grove Beacon, Pacific Grove Chamber of Commerce and CinemaCal Enterprises are sponsoring Lighthouse Cinema's summer movie series as a fund raiser to benefit David Avenue and Forest Grove PTA's.

A booklet of 10 tickets will allow kids to enjoy 10 movies at Lighthouse Cinema for only \$7.

For every booklet sold, \$2 will be donated to the PTA's. The booklets are being sold through the school's PTA organizations or can be purchased at the Chamber office, located on Central Avenue at the corner of Forest.

For more information call the Chamber at 373-3304.

Jun 07 - Balto
Jun 14 - Babe
Jun 21 - Indian in the Cupboard
Jun 28 - Casper
Jul 05 - Jumānji
Jul 12 - Pebble & the Penguin
Jul 19 - Dunstin Checks In
Jul 26 - Power Rangers
Aug 2 - Gordy
Aug 9 - All Dogs Go to Heaven 2

This is the listing of the 10 summer films included in purchase of the \$7 package.

Kiwanis Club News

Bleacher project. Following the turmoil created by her announcement that she, and her husband Larry, are pregnant, President Sherry Sands called for a work party at 9am this Saturday, May 18, at Pacific Grove High School, to begin reconstruction of the bleachers at the football field.

Under supervision of Richard Stillwell, old sunken footings will be removed and replaced, as may some drainage pipes. Club members were urged to bring friends, shovels, picks, hoes and rakes.

The bleachers have slowly been sinking and are badly out of level. The Fire Department may show up to clean drainage lines with high pressure hoses.

Hayward Lumber company has donated \$200 worth of lumber to replace bleacher seats.

Bleacher Bar-B-Q. Friday evening, June 28th, is the date tentatively set for a famous Kiwanis barbecue at the Community Center to raise funds for the Club's effort to fix the high school football field bleachers.

Ted Rapalus was delighted to report that his home-grown orchids entered in

a recent show earned a second place ribbon. After long applause, Rapalus noted his was one of two entries in the category, an announcement followed by even greater applause.

New members. Newly imprinted name badges from Kiwanis International were passed out to the following new Kiwanians: Vic Jacobsen, Paul Lucas, Lee Russell and Kathy Cadigan.

Speaker. Warner Schroeder, a docent and guide for the Monterey Bay Aquarium since 1984, accompanied by photo slides, outlined some of the extraordinary construction details and features of the new Outer Bay addition recently opened, which cost over \$55 million to build. He reported the biggest crowds ever attended the Aquarium during Easter Week, setting a record of over 14,000 visitors in one day.

Schroeder also described the direct telecast capabilities of the Monterey Bay Aquarium Research Institute's new \$11 million boat allowing visitors to watch live TV coverage of what's going on 13,000 feet below in the Monterey Bay Canyon.

The PG Kiwanis Club meets 7am Tuesdays at the Sally Griffin Center. For membership information call Art Alexander, 655-2099.



MAYFLOWER Presbyterian Church, Central at Fourteenth in PG, will be host the Santa Cruz String Quartet on Sunday, May 26, 3 pm. Admission is free. Pictured above are: (front row) Dan Faben on cello, Lila Woolman on violin; back row, Jay Hosler on violin and Michael Stamp on viola. Performances will include Beethoven String Quartet in C, Op. 59 #3; Shostakovich String Quartet #8; and Mozart Clarinet Quintet with Linda Shea on clarinet. Call 648-8237 for details.

Investment club to meet at Chalone Winery in Soledad

Are you a wine drinker, a serious investor in wine company stocks, or perhaps a wine collector?

"If so, we want you to call us right away," says Joe Gereghty, president of the Bay Investment Club.

Everyone interested in stock market investing is invited to a special meeting of the Bay Investment Club to be held at Chalone Wineries, May 24, at 5pm.

The group, which normally meets at Old St. Angela's Inn in Pacific Grove, is being hosted by Chalone Winery President Philip Woodward at the Soledad winery with a wine fest and discussion.

Dinner and tour for two will be \$60. And there are special rates for new members joining the club. For reservations, call Gereghty at 626-6538.

Artists sought for classroom teaching

Applications from local visual, performing, and literary artists interested in becoming part of a professional "artists in school" program are being sought by the Cultural Council for Monterey County.

Artists will be paid on a contract basis to design and provide hands-on projects in their fields of expertise. Work will be done in classrooms, assemblies and lecture demonstrations.

Pay is \$300 plus expenses for each 12 hour classroom project.

Proposals will be accepted in drama, sculpture, weaving, painting, poetry, drawing, storytelling, dance, creative writing, and all forms of music. Projects with an ethnic arts perspective are particularly encouraged.

Individuals and groups for assemblies and lecture programs for elementary through high school are sought. Those from a variety of ethnic backgrounds are urged to apply. Fees will be negotiated.

Applications must be postmarked by June 7. For more information and applications call Susan Swanson, 622-9060.

Art center wants some summer instructors

The Pacific Grove Art Center is looking for talented, experienced and enthusiastic teachers of the visual arts, poetry, writing, etc., to teach adult classes this summer and on-going adult classes as interest accelerates. To apply call the PGAC at 375-2208 for info. You'll need a proposal form, a resume, slides of work or samples of writing, class ideas, schedule and materials.

Rotary Club News

Rummage Sale. Chairman Steve Gorman reported that proceeds from the annual rummage sale held Saturday, May 4 at Sprouse Rietz on Lighthouse Avenue grossed \$3,900. "We still have a few expenses to pay but our sales this year were a few hundred dollars higher than last year," said Gorman. Net proceeds are earmarked to help pay for costs of constructing a stage at Forest Grove School for student musical plays.



Jeff Edwards

sponsored by Wally Getz.

Track meet. Dick Chamberland and Tom White, coaches at PGHS, thank members for their help with officiating the annual invitational track meet held at Pacific Grove High School last month sponsored by Rotary. Five teams participated. Coaches said the meet went

extremely well and thanked Rotarians for their recent gift of new pole vault standards which they said were the envy of several visiting track coaches.

History. It was the umpteenth anniversary of Dick Trotter's anniversary as Rotary Club president years ago. President Walt McKinney called on Dick to recite highlights of his tenure. Among other highlights of his presidency was the admission of women to Rotary International made possible by a decision of the US Supreme Court.

Speaker. So and so, the chief training officer for the California State Park System outlined the training program headquartered at Asilomar here in Pacific Grove. About 40 new rangers and over 1,000 new state park employees are trained here at the training center each year.



Ole Pedersen



THESE PG ROTARIANS were around for the dirty work when the Rummage sale was over. From left they are Michael Krokower, John Baker, Gerry Sirocky, Lisa Estabrooks,

President Tom McKinney, Stevan Horvath, Judy Marquart, Phil Ward, Steve Gorman, Connie Shelstad, and, finally, Dick Seidenzahl, whose job was dog-sitter for shoppers. Beacon photo

CITY NEWS



SHOPPERS PACKED Sprouse Rietz on Saturday morning, May 4, to pick up bargains at the annual Rotary Club Rummage Sale. The Pacific Grove club took in \$3,900 before expenses that will help pay for construction costs of a stage for the Forest Grove School thespians. If you missed this one, mark your calendar for next year because there was great merchandise available include appliances, furniture, sporting goods, clothing, electronics, etc. Beacon photo by Eric Colby

Shore Lines

By Neill Gardner

THERE ARE occasions on which it is nigh impossible to keep a straight face when folks head for the microphone during City Council meetings.

Comical may not be the right word to describe the antics of those who rise to voice concern for the preservation of the black legless lizard, three-toed salamander or some other varmint.

It is even funnier—or unfunnier—when everyone within earshot knows that speaker is really concerned primarily with preservation of the view from her front window.

COUNCILMAN VERN Yadon may or may not have been prescient when he allowed as how the Menzies wallflower mentioned in a report on Johnny Miller's property in Asilomar was in more danger from deer than from construction.

When the experts went back to the scene of the crime, they discovered that some ecology-deficient deer actually had gobbled up the evidence.

You wouldn't have a lot of trouble finding a gardener in Pacific Grove who'd recommend capital punishment for the offending rascal. Many a prize garden has gone down that road.

EQUALLY AMUSING, unless you're the victim, are the perennial aggravers who speak. Infatuated with the sound of their own voices, they usually run over the three-minute limit and have to be reined in by Pete Woodruff.

Some come primed with a half-dozen sheets of paper on which they have recorded their remarks for posterity. A few hand out their essays to Councilmembers, who undoubtedly are thrilled to have a little something more to read. More than a few ad-lib. They include the Constant Attendees who have been struck with inspiration after listening to all that talk. If the rest of us are lucky, they enlighten Council in a few words, then sit down.

IT IS little less than amazing when you consider that the guy who came downtown to beg permission for his kid to

keep three Banty chickens, is now confiding his views on those new street lights on Lighthouse Avenue.

Yadon says he isn't going to seek reelection. That's understandable. Now he can enjoy a whole generation of Wheel of Fortune and Jeopardy reruns. There is probably no more room for all that paper in his garage anyway.

Former Mayor Morris Fisher says he will run. That's understandable, too. He must miss all that excitement down there at the Meals on Wheels building. Too bad he won't run for mayor. That might do a little to put a leash on the Shaefer-Nunn crowd.

Radio communication urged by Coast Guard

by Janis Cain

If Coast Guard Petty Officer Phil Rolfe ran the world, every boater would have a VHF radio. And now, as of April 12, there are no more excuses.

One section of the Telecommunications Act of 1996 — the requirement for licensing — has been halted and the FCC has asked the Coast Guard to suspend enforcement of the old law for recreational vessels under 65 feet in length.

Until this year, boaters were not allowed to use VHF radios, radars, or emergency locating beacons unless they owned an FCC license. Those who used them without a license were subject to fines.

"If everyone on the water used a VHF radio, the response time to calls for help would be cut dramatically," Rolfe told the Beacon. "The delays involved are often life and death situations."

In addition to the 52-foot fishing boat that capsized last month, other recent emergencies and one drowning have prompted concerns about the number of boats on the water without emergency communication systems in place.

The FCC has established a toll-free number for questions on the new rules. Call 1-800-322-1117.

Kiwanis invites help in bleacher restoration

by Art Alexander

A community wide effort to restore the bleachers at Pacific Grove High School's Breaker's Field has gathered momentum.

PG Kiwanis Club President Sherry Sands initiated the project and members of PG Pride, the Breakers Booster's Club, Music Boosters, PTA, and PG athletes, students and their parents and the Pacific Grove Fire Department will assist. Sherry says "All service clubs and interested individuals are invited to join us in the important project."

The hometeam bleachers, between the football and baseball fields, have deteriorated through weathering, erosion and heavy use. Soil has washed away from the foundation piers and the middle section is starting.

Architect Ted Larsen, of the PG Rotary Club, Richard Stillwell, Howard Cowen, members of the Kiwanis Club and school officials developed a plan to restore the bleachers.

Stillwell and Cowen worked on construction of the bleachers 30 years ago and provided valuable input on repair methods. "If we start now, I'll provide the supervision," Stillwell volunteered.

The first work, restoration of the foundation, is scheduled Saturday, May 18 at 9am. Volunteers will remove the soil around the old foundation piers, jack-up the piers and build forms for concrete to be poured for new foundations.

This project will be supervised by Stillwell, Assistant Fire Chief and prominent volunteer in Pacific Grove.

Stillwell will be assisted by members of the Kiwanis Club and other volunteers. Wood and supplies are being donated by Hayward Lumber. The concrete will be poured by Stillwell and volunteers from the PG Fire Department.

The remaining work, cleaning the drainage lines, replacing damaged wood

seats, and improving the drainage system in the upper baseball field, will be scheduled in the future to assure completion before football season.

Proceeds from the Kiwanis annual "Barbecue and Silent Auction," set for June 28, will be used for the bleacher project. The Club anticipates this barbecue will be well-attended.

Anyone interested in providing community service or in donating funds or supplies should contact Frank Troia, 375-3853 or Rich Campbell, 375-4927.

Slice of Life

by Elaine Breen

ST. ANGELA'S

"Do dog's pray?" I asked Father Jerry McCormick, pastor of St. Angela's Church on 9th and Lighthouse. This was not a serious theological discussion. Father Jerry drops in to chat and brighten the day for us volunteers.

"I don't know if they pray," said Father Jerry, "but they do go to heaven. The God I believe in would never be so mean as to deny dogs an afterlife after they love us, help us, heal us when

we are sick or sad." He turned to leave. "Not the God of St. Francis of Assisi or St. Paul or Teresa of Calcutta." (This is paraphrased, not to be taken as doctrine.)

We all reach out to pat Louis the Large who visits us in the church office. We don't have to reach far. Louie is a mix of Newfoundland Rottweiler, Giant Schnauzer and Airedale. He is thirty inches high but he thinks he is just a little thing. Little children reach up to pet him. But he is not the only dog at St. Angela's. Willie, the standard poodle, belonged to Father

Vic Farrell who died recently. Willie is in mourning, so is privileged. He cries to go into Mass because he has gone to Mass for twelve years; so someone lets him in and he takes his accustomed place aside the altar. After Mass little girls shower him with hugs. Willie is not suffering too much.

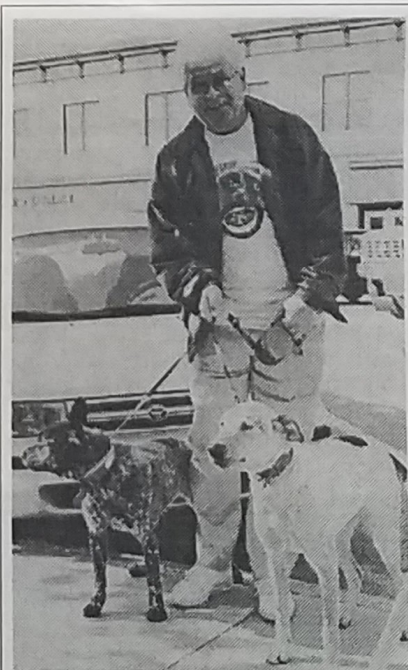
Before Louie and Willie there was Maia, who came with Father Jerry from St. Francis Xavier Church in Seaside. She would creep quietly in after Mass had started and lie in one of the aisles next to a squirming child. After awhile a little hand would steal out and rest on her head and the squirming would stop.

Maia at first missed going to Mass when she moved from St. Francis Xavier Church so Ed and Betty Bates would pick her up on Sunday and take her to Mass in Seaside. And you think dogs don't pray? Perhaps not, but who knows whether they feel the presence of God.

St. Angela's is embarking on a renovation. Will they allow dogs on the new carpet? If not, I dunno, I may visit St. Francis Xavier in Seaside. Or maybe someone will donate a fancy dog basket from Smith and Hawkins with a red velvet cushion.

Please don't bring your dog to church. It's not set up for that. But if she's a contemplative sort, don't disturb her. She may be praying.

And on the subject of prayer: please, please breathe a little one for Sharon Randall, columnist extraordinaire, and her husband who is recovering from cancer surgery. Thanks.



ROTARIANS home delivered heavy furniture for buyers at the annual rummage sale . . . and even took care of their pets like Chief Kennel Master Dick Seidenzah there. Photo by Flash

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COMMUNITY NEWS



GRADUATING SENIORS from Pacific Grove High School invite parents and friends to attend the 2nd Annual Baccalaureate, Sunday June 9. Above are Becky Stotzer, Monette Gabriel, Peter Tower, Angela Schuck, Andrew Smith and Aaron Vasquez.

Baccalaureate set for graduates June 9

by Carolyn Craig

A special baccalaureate service, followed by a reception, honoring the Pacific Grove High School graduating class of '96 has been planned by a group of sponsoring parents for Sunday afternoon, June 9, at 3pm in the Community Center on Junipero.

Last year's event brought over 125 students, family members and friends together to share in the uplifting celebration addressing the emotional and spiritual transition which high school graduation brings to students.

A member of last year's graduating class said, after the baccalaureate, "This

was truly a time of bonding for me as we face our futures."

Everyone is invited to be a part of this very special "Send-off" service that will provide a time for reflection, inspiration, and challenge.

Some seniors will share their music and, others, their memories.

Rev. Mike Harbert, Rev. Bill Holdridge, and Father Jerry McCormick, and other local clergy, will give their perspectives on challenges that graduation presents to members of the class of '96.

Smiles, chuckles, as well as a few tears giving poignancy to those years growing up at home are expected.

The Baccalaureate is an attempt to help graduates feel community and parental support, and to gain perspective and strength, for the growth and changes they face ahead.

Come join us at the Community Center, 515 Junipero Avenue. Additional parking available on Robert Down Playground (entrance on Spruce).

For more information call the Baccalaureate Committee at 373-6849 or 649-5804.

No more Mr. Nice Guy? Agha abuse abounds in downtown gossip mill

by Janis Cain

Nader Agha is being sued by a woman who says she twisted her ankle in his parking lot behind the not-yet-reopened Holman Building on Lighthouse.

Also, a slight fender-bender in the lot — involving Agha at the wheel — has produced additional demands for compensation.

Then, Councilman Bob Davis reportedly snipped at Agha over a recent parking lot problem. And that, say Agha Watchers, was the straw that broke it.

Agha has put a chain around the lot. That action prompted one A.W. to circulate a flyer with a cartoon-like image of Agha protecting his property.

"He put up the chain mostly to keep the lawyers at bay — not to annoy the business community," an A.W. told the Beacon.

Agha himself declined to tell his side of the story.

Another A.W. reports Agha doesn't want to add to the controversy, but prefers to keep his troubles to himself.

Meanwhile, responding to public demand, Agha is attempting to attract Nordstrom's to bring a version of their upscale, but scaled-down, retail outlets to the Holman Building. Petitions are circulating, attempting to peak the interest of Nordstrom decision-makers with signatures of wannabe customers.

Agha, along with partners, purchased the Holman Building and parking lots, one entire block in downtown PG, for \$1.95 million last year at a Small Business Administration auction. At the time, Agha estimated the actual value to be closer to \$10 million. Currently, Agha is the principal owner.

Since the purchase, Agha has upgraded the building, inside and out, as he negotiates leases with prospective tenants. So far, no word on when the former Fords Department Store will reopen.

Superintendent search focused on two

by Janis Cain

Two assistant superintendents from school districts in neighboring counties are vying for the opportunity to become the superintendent of Pacific Grove schools.

The 12-member PGUSD Superintendent Search Committee heard from a total of 52 applicants, of which 14 were selected for interviews. The PGUSD School Board recently interviewed the top four, narrowing the choices down to one man and one woman.

Interim Superintendent Jay Cobb told the Beacon this week the School Board will meet with the two finalists — on their home turf — before the final decision is made at the end of the month. Board members traveled out of town yesterday for a special closed-door meeting with one of the candidates.

Cobb said the Board wants to be certain the new superintendent will be an enthusiastic addition to both the school district and the community at large.

Measure A still alive for local supporters

As PG PRIDE undertakes a fundraising effort to enhance educational opportunities in PG schools, the Beacon will donate space to promote their efforts and publish names of contributors.

Last year's failed Measure A Parcel Tax would have cost homeowners \$35 per year. Those who ignored the vote and made their contributions directly to the schools include:

Cameron & Beverly Woods, \$105; Marie Gould, \$100; Susan Lebowitz, \$100; Margaret McGovern, \$100; William & Cindy Gates, \$75; Marilyn Walters, \$50; Mary Neal, \$50; Louisa Oliver, \$50; Joan Hyler, \$50; Dorothy Albee, \$50; and Edward Mathys, \$50.

Contributing \$35 were: Bert & Bernice McCay, Red & Jan Rose, Howard B. Fosler, Evelyn K. Brown, Bonnie Pieper, Leslie & Patsy Sellars, Lorraine Castanos, Celeste A. Ventura, Marie Milligan, Wendy Gregory, Elaine Weeks, Noreen McKee, Daniel Koffman, Elizabeth Falconer Allen, Connie Perry, Gordon Williams, Clara Bohrmann, Whitworth (full name unavailable), Andrew Wodecki, Carol Marquart, Jean Broomhead, Nada Kovalik, David Wright and Andrea Segura, Ann Whitworth, Francis Cartier, Andrew and Jane Bell, Richard and Barbara Gamble, and Hans and Eleanor Rogge.

Names supplied were compiled as of May 10. For additions or corrections, please contact PG PRIDE, P.O. Box 419, Pacific Grove, 93950. The Beacon will add future contributors to the list in upcoming issues and report on progress made toward the \$100,000 target.

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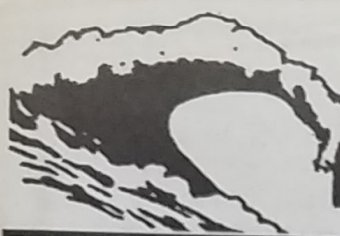
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Pacific Grove High School NEWSBREAKER

Hypocritical pager policies at PG High

by Susan Howe

About a month ago, while in Math class, a pager went off. The teacher asked for the pager and it was not given to him. Not knowing who's pager it was, the Vice Principal was called in. After asking for the pager a second time and still no response, a through backpack search took place, along with all the students being frisked. This unnecessary procedure took approximately a half an hour, disrupting the class in progress. Along with all the searching, the pager was that actually went off was never found, three pagers along with two other items were found. The students which had pagers, had them taken away. Now, is this really faire? In my opinion it was a waste of time.

Are pagers illegal? Apparently they are at Pacific Grove High School. The current policy is as follows: Pagers are forbidden on campus and if they are spotted or heard by a member of the administration they will be taken away from the owner, it is kept in the office,

where it will remain until a parent or guardian of the pagers owner comes for the to retrieve it. If the pager is taken away in another incident, it will remain in the office until the end of the school year, when again, a parent or guardian must get it.

Why is a two inch pager such a problem? Principal Karl Black has one and wears it all over campus! If the staff can use pagers shouldn't the students be able to as well? When Mr. Black was asked why it is okay for him to carry a pager around on campus, his reply was, "As principal of the school, my superintendent has ordered me to carry on e. It is my job!"

I feel that the policy is unfair and let Mr. Black know this. I also suggested to him a new policy. His reply was, "There will be no new policy, this is a state law as well as a board policy." Mr. Black also said, "Carrying a pager on school grounds is an offense, one that can get you expelled." After asking to see this policy in writing, this I is what I

found: "Electric signaling devices code 48901.5/48900(k). Intentionally possessing an electronic signaling device (beeper) after having been notified, the possession is a violation of the school district policy, i.e. willful defiance of value authority." The proper discipline "upon recommendation, governing board may order expulsion."

Mr. Black says, "this policy was made because of an incident in Los Angeles and other inner city areas such as this; students were being paged to make drug deals." Mr. Black also let me know that he did not think of P.G. High as having this problem, but he said, "We must follow school rules." We are urging parents and others not to page students during school hours for you are putting the student at risk of getting his or her pager taken away. Also, Mr. Black wants students to know that, "In the minds of you as students, I know pagers are electric tools used to inform, but it is also against state law, and I can not allow pagers on campus." Beware of the pager!

Congratulation to the 1995-96 Prom Court. The Senior class voted for six young women and three young men to serve on the prom court this year. The results were as follows:

Audrey Baldwin
Jacqueline Colon
Abby Deford
Amy Dickinson
Brielle Joyce
Claire Richardson

and Peter Tower as the 1995-96 Prom King.

Graduation is almost here: Garland Girls needed

by Susan Howe

With graduation just around the corner, the annual garland girls are needed. The garland girls are a part of that long time tradition which was started when our current high school building first opened back in the late fifties.

The garland girls; general job is to prepare, with a partner, a garland of fresh flowers. The garlands form an arch through which the graduates march during the opening procession. The garland girls must attend a practice session, allowing the girls to preform their tack of walking down the field and positioning themselves in the correct form. The girls hold up their floral garland as the graduating seniors walk down the aisle.

Signups to be a garland girl start May 28th. Ms. Lebeck, who is in charge, suggest that you sign up with that partner. Those who sign up must attend the practice on Thursday, June 13, from approximately 1:30 to 2:00. On the day of graduation, Friday June 14th, the girls must be on the field by 3:15.

The rules for making your garland are as follows: Do not steal the flowers you will be using, wear something nice on the day of graduation, and make sure your garland is not too heavy, of your garland will be weighed down.

Being a garland girl or boy for that manner, is fun, sign up immediately.

Student of the Month's selected

Congratulations to Paola Villacres, a senior, for being selected as April's Student of the Month. As ASB Secretary, she chaired a very successful Winterball. Paola is also a honor student and takes three AP classes.

She is a four year member of the track team and girls swimming team. In addition, she was also a member of the newly formed Girl's Soccer team and was voted All league soccer player this year.

In addition, Paola is a volunteer with the Monterey County Aids Project, a member of Young Life, and works part time at the Marriott. This talented young lady has been accepted to and plans to attend the University of California at Davis next fall.

Junior Laura Meadows has been selected as the Student of the Month for May. Co-editor of *The Sea Urchin*, Pacific Grove High School's yearbook, she has just finished sending in the final pages of this year's edition.

An honors student, Laura Meadows has earned a 4.0 GPA and a member of California Scholastic Federation and the Interact Club and Key Club. Next year, Laura will serve as the Secretary for the Key Club.

She was also a member of the Close Up Study Program and spent a week this fall in Washington D.C. studying the government at work. Well liked by both faculty and students, Laura is a credit to PGHS. Congratulations, Laura, for a job well done!

ASB Election Results for the 1996 -1997 school year

Ben Blakely President

This years election were the most competitive ever. All the candidates for office worked hard to get their message across. The school was literally plastered with campaign slogans during the election time period.

Mainly all of the offices were competitive, and the results were close. Class elections will take place soon, so stay tuned for those results. Remember, all the candidates whether you lost or won: You are all winners!! The election results for the 1996-1997 ASB are as follows:

ASB President: Ben Blakely
ASB Vice President: Genevieve Garcia
ASB Secretary: Kelly Mitchell
ASB Treasurer: Alison Riedel
ASB Commissioner of Publicity: Chandra Paton
ASB Athletic Commissioner: Mike Norris
ASB Press Secretary: Farrah Sani
ASB Rally Commissioners: Matt Radley and Adam Aasen

Sizzling Senior Stuff

Senior Activities are soon going to creep up on all those Seniors at PG High, so the NewsBreaker has decided to make a list for all those busy Seniors who do not know what is going on.

May 21, 7:00 p.m.- Senior Honors Night (scholarship money are awarded to Seniors who apply.) In the High School Library

May 23, 12:00 p.m.- Grad Night Disneyland Trip (meet in front of the school, do not be late!!)

May 24, 12:00 -1:00- Seniors come back from Disneyland.

May 30- Senior Servant Auction in the Multi- Purpose Room

May 31- Senior Servant Day.

June 3-7- Senior Week

June 5, 6:30- Senior Banquet at Rancho Canada in Carmel. \$26

June 6- Hello- Goodbye Rally

June 7- Yearbook Signing Party

June 9, 3:00 p.m.- Baccalaureate. All Seniors and parents invited. It takes place at PG Community Center.

Non- denominational.

June 11-13- Finals

June 12-13- Mandatory Graduation Practices

June 14- GRADUATION and GRAD NITE!!!

17 School Days Until Graduation

NewsBreaker Staff

Editors: Monette Gabriel, Jacqueline Colon

Staff Writers: Wendy Cross, Ashley Gamble, Darryl Glass, Neil Ogimachi, Kevin Magnus, Susan Howe, Chandra Paton, Andrew Biddle, Anthony Santiago, Tylor Hansen, Alexis Filippini, Dean Wu.

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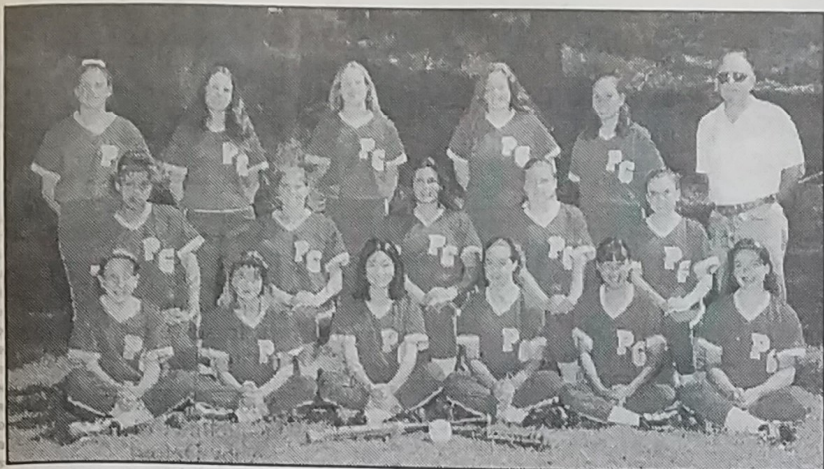
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1996 PACIFIC GROVE High School Junior Varsity Girls Softball Team, top row, left to right: Kaylan Miller, Brittany Gregory, Jenny Chisman, Shannon Miller, Judy Flannery, and Coach Merrill Peterson. Middle row: Patrice Blanks, Christina Laredo, Genevieve Garcia, Allison Reidel, Crystal Mothershead. Front row: Shannon Balun, Melissa Erickson, Helena Soh, Hillary Leavitt, Celia Carter, Naomi Schwantes. PGHS photo

PG softball team beats Notre Dame to become league co-champions

The Pacific Grove Frosh/Soph Softball Team ended the 1996 season with an impressive 15 to 3 win over Notre Dame. The win tied Pacific Grove and Notre Dame for the championship of the MTAL Frosh/Soph League. The teams had identical league records of 17 wins and one loss.

Pacific Grove fashioned an overall record of 23 wins and two losses. With excellent pitching from sophomore Genevieve Garcia and freshman Judy Flannery, a strong and active defense, and a very aggressive offense, the PG

team outscored their opponents 314 to 53.

Although the PG team has had some very successful years in the past, this one was especially rewarding for Coach Peterson and his squad because they had not beaten Notre Dame, perennial league champions, in over eight years.

Coach Peterson credits the team's success to hard work, dedication, team work, exceptional support from the parents and schools, and the fine Pacific Grove Pony Softball Program, which gives the players added experience and training.

Bronco League play Vista Robles Dental gathering momentum

by Jon Grant, special to the Beacon
When the last place team plays the first place team, you expect a blowout, right? Wrong! This last vs. first teams game went extra innings.

Vista Robles Dental jumped out of the gates early against Mtry Financial Services, scoring five runs in the top of the 1st inning.

The first five batters Vista sent to the plate scored. In the home half of the second inning MFS scored twice, closing the gap to three runs.

In the top of the 4th, Eric Howard and Branden Marotta both scored for their second time, making it a 7-2 game.

MFS nibbled at the lead scoring a run in the bottom of the 4th, 5th, and 6th -- cutting the lead 7-5.

Vista, in the bottom of the 7th, down by two, leadoff batter Tony Hazdovac reached 1st on a walk. Phillip Shin drove Hazdovac home with a single making it a one run game. Jon Grant walked, and George Jossan drove Shin in with a single which tied the game.

The 8th and the top of the 9th innings went scoreless. In the bottom of the 9th, Jad Kanbar led off with a line-drive single to center. Hazdovac and Shin walked, loading the bases for Jon Grant who hit a fly to the left-fielder who dropped the ball while Kanbar raced home with the winning run.

Nick Nelson and Matt Woodruff pitched well for Vista. Both teams played

well, treating fans to another down-to-the-wire, roller-coaster ballgame at George Washington Park.

In other Bronco League action last week, Tristan Kadish hit the game-winning RBI in the bottom of the 9th, driving Ryan McReynolds home, allowing Apria to beat PG Fire 5-4. Heydeman went 3 for 4 for PG Fire.

Vista tied PG Fire, beat Cypress Sporting Goods, and upset first place Male Call, led by the excellent battery of Matt Woodruff and Nick Nelson, alternating pitching and catching duties.

Casey Flannery led Male Call to a 10-9 win over PG Fire. He was the winning pitcher and hit his third home run of the season.

Apria beat Monterey Financial Services in another one-run game, pitched by Ryan McReynolds. George Jossan hit a long, 2-run homer for MFS.

Hung jury reported in stolen cookie caper

by Justin Ono and Ashley Pisula

We are 5th grade students at Robert H. Down Elementary School. On May 6 we went to court!

We took part in a program called Elementary Law. Our mentor attorney was Ms. Katherine Stoner. She taught us how court works and what the courtroom looks like. The class went to the Monterey Courthouse and had a mock trial.

Ms. Vicky Victim (Kathryn Dwyer) reported her Fudge Farm cookie was stolen during recess. Danny Defendant (Didier Rivera) was arrested for this crime.

Mr. Paul Prosecutor (Nick Nelson) tried to prove Danny guilty. Ms. Darinda Defender (Jasmine Wibbens) tried to prove her client innocent.

There were five witnesses for the prosecution. Danny took the stand in his own defense. The Honorable Judge Robin Solomon was played by our teacher, Mrs. Erickson.

When the case went to the jury, they had a long discussion trying to decide if Danny was guilty or not. The jury was hung and a mistrial was declared. The roll call was 10 not guilty and two guilty.

We think it was a good experience and think other 5th graders should have the chance to do this too. It was cool going to the courthouse. Thank you Ms. Stoner for teaching us how the judicial system works.

Editor's Note: Principal Matthew J. Bell reports that each Robert Down Elementary class has traveled to the Monterey County Courthouse to conduct mock trials. They're held during lunch hour, when the courtrooms are otherwise empty, and each student is assigned a role to play in the judicial process.



VISTA ROBLES Dental's Matt Woodruff delivers a heater to Male Call's Daniel Montanez. Photo and standings special to the Beacon from Jon Grant.

League Standings								
May 12, 1996								
Team Name	W	L	T	%	GB	Runs For	Runs Vs	
Monterey Financial Svs	9	2	0	.818	0.0	98	48	
Male Call	5	3	1	.611	2.5	67	70	
Apria	5	4	1	.550	3.0	59	70	
Cypress Sporting Goods	4	4	2	.500	3.5	67	68	
Vista Robles Dental	3	7	1	.318	5.5	67	83	
PG Fire	2	8	1	.227	6.5	69	88	

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OPINION

Zito leads Council in overstepping job boundaries

THE FREQUENCY with which visitors to Pacific Grove's old City Hall may find Councilman Terrence Zito paddling around the interior halls may cause some citizens to wonder just what he's doing in there.

At a recent Council meeting, Zito informed everyone that he had taken it upon himself to send a sketch of the proposed Johnny Miller home in Asilomar to the Coastal Commission. Zito wanted a ruling on Miller's deck.

Oldtimers may recall the days when individual Councilmembers had the courtesy to refrain from pushing their personal agendas before other governmental agencies until the entire Council had voiced an opinion.

Grovians may have been impressed recently when their mayor was so quick to complain that steps were being taken

to avoid another vote on a dam on the Carmel River. If she had bothered to get an opinion from her fellow Councilmembers, it must have been when we were out of earshot.

Unless the rules of engagement have been changed, Pacific Grove is supposed to be managed by the city manager, not micro-managed by individual Councilmembers. In our opinion, elected officials should drop by City Hall to pick up their packets, not look over the shoulders of staff.

It is bad enough that advisory committees these days have Councilmembers serving as chairmen. That condition prevails primarily because Council insists on watching every sparrow.

Getting back to Zito. We have been observing his antics long enough to appreciate the fact that someone is pulling his strings. It would be interesting to know just who that someone is.

Stencils steer residents from dumping in Bay

Every day, pollutants flow into Monterey Bay through our gutters, ditches, and drain pipes. The untreated waste is a danger to marine mammals, fish, and birds, as well as being harmful to our beaches and shoreline habitats. Many people do not realize that it is illegal to dump substances other than water into our storm drain system.

To educate the public about the dangers of such pollution, storm drain stenciling has been organized in cities throughout Monterey and neighboring counties. Among sponsors are the Monterey Chapter of the Surfrider Foundation, the cities of Pacific Grove and Monterey, the Conservation Committee of the Monterey Bay Aquarium, the AMBAG Water Awareness Committee, MRWPCA and Pacific Grove Eco-Corps, which is coordinating the volunteers for the Grove's storm drain stenciling.

Last October volunteers marked the storm drains in the downtown area of Pacific Grove from Lighthouse to Ocean Avenues, with stenciling kits loaned by the City of Monterey

and with supplies donated by the Monterey Regional Waste facility and Eco-Corps.

The next phase of stenciling curbs in Pacific Grove begins at 10am tomorrow morning, Saturday, May 18. Volunteers will meet at the City Corporation Yard, organize into teams of three, and move out to stencil 10 storm drains with the message "No Dumping, Flows to Bay." It's hoped that 60 people show up to form 20 teams to stencil 200 drains.

This is a great community service project for students who must fill out a community service form and a Liability Waiver that must be signed by a parent or guardian.

If you can't show up to help remember, it's illegal to dump substances other than water in our storm drains. Don't dispose of motor oil, paints, pesticides, anti-freeze or other chemicals by dumping them into gutters, where they may eventually flow into the Bay. To dispose of these substances, please call the Monterey Regional Waste Management District (384-5313).

Dave Markowitz

Why are they always against everything?

WHEN WE look up to find the same old faces complaining about a new dam or freeway or home in Asilomar, we are compelled to wonder what motivates these folks.

It is too easy to credit their love of the limelight and seeing their names in the paper. Those may play a part, but there has to be more to it.

We might accuse those affluent protestors who understand the laws of supply and demand with trying to keep the demand high and the supply low.

They've got theirs.

You can't hang that rap on the great unwashed who haven't a pot in which to relieve themselves.

Unable to climb on the wagon, they delight in tossing a monkey wrench into the spokes.

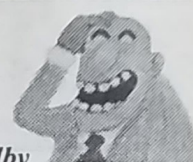
Even harder to understand are the experts who go to war for the flora and the fauna. It must give them fits when the unendangered fauna start chewing on the endangered flora.

Try as we might, it is unlikely that we will fathom the depths of the minds of the everlasting aginners. We know they flock together in the Sierra Club. We know they network like nobody's business.

The horror of it all lies in recognition of the possibility that a century hence folks will be saying they were right and the rest of us were wrong. —**Neill Gardner**

Thots while shaving

by Eric Colby



Hair. The other day I saw a kid with day-glo chartreuse colored hair sitting on a bench waiting for the bus. And I remembered my own youthful experiments with hair and wondered what this kid's parents must think. When I was in the fifth grade Tom Gardner came to school one day with all his hair shaved off. He must have received a lot of attention because, after school, I went to Tony the barber and said, "shave it all off." After assuring Tony there would be no protestations from my parents, I returned, bald, to the elementary school to hitch a ride home with my mom who was teaching sewing to a 4-H girls club after school. When she looked at me . . . all the color drained from her face. At home my dad made me wear a wool watch cap to the dinner table. When I got to school the next day, it seemed the doctor had shaved Tom Gardner's head because he had ring worm.

I've seen other kids, these days, with the sides of their heads shaved up to a point about where a bowl must have been placed. Where I came from the Oakies, who were too poor to afford haircuts for their kids, cut their kids hair the same way; right up to the bowl. Sometimes it's hard for me to tell if we're really making any progress.

Internet. I was skeptical of the world civilization's ultimate dependence on the Internet until my Rotarian magazine arrived this month in a sealed plastic bag with an application disk for *America On Line* inside. Like television, the Internet has not yet commanded any of my attention. But it's going to get everyone else's. Before I know it the milkman will be delivering software with each bucket of cottage cheese. Don't be surprised if you find AOL in your Beacon next month. That's to all 13,000 addresses in Pacific Grove, Pebble Beach, and New Monterey.

LETTERS TO THE EDITOR

Schools deserve support

For the past six months, the Pacific Grove Unified School District Board of Education has been discussing ways to reduce the 1996-97 District expenses to meet projected revenues and provide a reasonable balance to address additional anticipated and unanticipated expenditures. In identifying, analyzing, selecting and prioritizing possible expenditure reductions the District is continuing to try to select reductions that create the least adverse impact on the educational program and the least number of students.

Unfortunately the areas that suffer the most in expenditure reductions are: music, libraries, athletics, science equipment, technology, general instructional support areas.

For the 1996-97 school year, notices have been issued to reduce services of certificated teachers, non-certificated support staff, and administration in order to save significant dollars. The target, or goal, has been set at approximately \$300,000. In addition, instructional support budgets must be reduced and class sizes possibly increased.

I know the parents and citizens of the Pacific Grove community are proud of their schools and want to help in any way possible. One way is to donate dollars through PG PRIDE (school support foundation for Pacific Grove schools) to help support one of the programs specified above — or a program of your choice.

These donated dollars flow directly to support students and teachers in the program you designate. Another way you can support the schools is to donate spe-

cial equipment. Volunteer help is also needed and much appreciated at all levels.

If you have questions, please call one of the schools, or the Office of the Superintendent, 646-6520. We will be happy to assist you.

Jay Cobb,
interim superintendent of schools

Heitz Family thanks

I would like to thank you for coming to our aid in time of need. Paul, Sherry, Larry and I are all overwhelmed by the amount of support expressed for us. When we saw the amount of people in the Chapel, we had no idea that so many people knew our son Cory or the ways his life had touched theirs.

The letters are still pouring in and it is good to know that so many people care. We are still hearing stories of things that Cory did to help others . . . people we did not even know.

It makes us feel so good about him and close to him, even though he is no longer here.

Knowing that the time Cory spent here with all of us was extraordinary makes it so hard for all of us to believe that he is gone. I find it hard to express the feelings I am going through and that many of us share.

It's so hard to let go of someone as special and as giving of himself as Cory was. It's also very difficult to be haunted by the sad and, in our case, true prophecy that only the good die young.

Thanks again for your sympathy and support.

Yours truly, Iva Heitz

Kid donates his profits

I want to thank Pacific Grove business owner Jarrett Sexton for donating 10 percent of the net profit from his business to the PG Police Dept. DARE program.

While it is not unusual for citizens of our great community to walk in and make donations to our DARE program (which has operated for nine years solely on community and corporate donations), a couple of things about Mr. Sexton's donation stand out.

First, the size of the donation. Ten percent of his net profit! If all Pacific Grove business owners matched that donation, we could expand the program in all local schools.

Second, at nine years old, Jarrett Sexton is the youngest licensed business owner in Pacific Grove. His business, To Kids, From Kids, For Kids, advertises businesses that cater to our younger citizens.

I met with Jarrett in my office to thank him personally for his generosity, and I was very impressed by his calm demeanor. Although he admitted when he was younger he was intimidated by police officers, he seemed completely at ease talking with me about his business, his political aspirations, and his feeling that he should give something back to his community.

Jarrett, if more grown ups were like you, my job would be a lot easier. Thank you very much for your donation, and do not change your convictions as you become an adult.

Jon Reither,
Chief of Police, Pacific Grove

Address harbor issue June 4

The City of Monterey's plans to charge \$100 per foot "transfer fees" at the marina penalizes every boat buyer and seller. The added cost to new boaters will chase away the family who would get into boating and, will eventually, bring in rich out-of-town elements who will create a condo complex of large powerboats used for lodging and cock-tails. The bottom line is: Locals lose.

On June 4, barring any significant public outcry or march on Monterey City Hall, we will all be victimized. The small town atmosphere which we all love, and which has served as a magnet for our millions of tourists who visit year-round will further erode.

The Monterey city staff has addressed a problem requiring surgery with a chain saw. Ignored was a sensible, cost effective approach to the problem of controlling and eliminating profiteering when boats are sold and slips are sometimes transferred. A system to monitor sales and to disallow transfers which include profiteering from slips under penalty of perjury would serve our needs well. Profiteering could be controlled and the waiting list would move quicker.

All along the city staff stated their position as non-negotiable in that they reserved the right to present their solution to the city council irrespective of any other recommendations developed by the Waterfront Advisory Council.

Again, the only opportunity to address this issue may be the June 4 council meeting at Monterey City Hall. Those who cannot attend may write letters to the city.

Gerald Stratton
Waterfront Advisory Committee

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WINDOW CLEANING. Inside and out, single or multi-light windows, doors and skylites. Plus roofs and gutters. Free estimates. **Bill's Window Cleaning Service**, 394-3308.

LAWN & GARDEN SERVICE. Free estimates. Clean-ups and hauling. **Ron's Lawn and Garden Service**, 655-4425.

Health Services

BODYWORK-MASSAGE THERAPY can help relieve stress, sore muscles, joint pain and headaches or just make you feel good. **Gerri Hammack CMP**, 373-7504. **10% Discount for Seniors.**

HEARING AID CLINIC. Most advanced hearing instrument laboratory in the Monterey Bay area. Patient is able to see what the examiner is seeing on video screen. 30 day trial. **Dr. Shoquist**, 625-6159.

HOLISTIC PAIN CENTER. Specializing in back, neck, joint pain and migraines. **Health Now**, 372-4320.

To advertise your service in this column please call Marilyn

648-1500

FOR SALE NordicTrac ski exerciser. Warranty still good. Asking \$225. Sequoia model, excellent condition. Call 645-7882.

DUKE'S Door-to-Door Shuttle van to airports, shopping, meals, and sightseeing. Personal service to any door. 1-7 passengers. 624-9079.

READINGS by one of Pacific Grove's best psychics, Susan Scott, 646-9111.

HAD ENOUGH? Overworked and underpaid? Rapidly growing company looking for people to work at home. 408-655-3635.

NEW TO U.S.A.! Oxytrim! Oxygen based program burns fat FAST, curbs appetite! Melts pounds away. Guaranteed. 1-800-320-8832, extension 160.

BAYWEST MUSIC - Buy - Sell - Trade - New-Used Vintage. Best service. Best Prices. 437 Figueroa St., Downtown Monterey, 375-9430.

YARD SALE! Saturday, May 18th, 829 Congress Ave, Pacific Grove. Ethan-Allen rocker, misc. items, old books. 8am 'til every item gone. 375-2915

HARP MUSIC for all occasions, call Amy Krupski, 375-1515.

COMMISSION ARTIST for hire. Science fantasy, seascape, native American, medieval, etc. 372-8921.

WANTED: The Wardrobe is now accepting quality ladies spring clothing. 167 Fountain Ave, PG, 655-3636 for appt.

RARE SCULPTURE "Three Polo Players" by Frederick Remington, \$2,800, Ron 372-4320. Grove, Susan Scott, 646-9111.

SELF-TAUGHT Artist will draw still life or florals of your favorite things, 655-3908

A BEACON WANT AD cost you only \$4, yet it reaches 13,000 homes on the Pacific Grove Peninsula. 648-1500

QUICK ASPHALT & CONCRETE
Driveway repair • Potholes • Patching
MOST REPAIRS \$55
375-2445

LOST. Husky, female, black and tan, light blue eyes. Floppy ears. Answers to Tillie, 2-1/2 years old. Lost in Oak Hills (North County) while visiting. Please call owner Lynn (408)386-0751.

LOST. Young female Australian short hair shepherd. White and brown. Blue eyes. Responds to Katie. Missing since Feb. 17. Please call 626-3879 or 649-6100. Owner Reese Taylor, Reward \$300.

FOR SALE Nordic Trac ski exerciser, warranty still good, asking \$225. Sequoia model, excellent condition. Call 645-7882.

HAD ENOUGH? Overworked and underpaid? Rapidly growing company looking for people to work at home. 655-3635.

NEW TO U.S.A.! OXYTRIM! Oxygen-based program burns fat FAST. Curbs appetite! Melts pounds away. Guaranteed. 1-800-320-8832, ext. 160.

BAYWEST MUSIC. Buy-Sell-Trade new/used vintage. Best service. Best prices. 437 Figueroa St, downtown Monterey. 375-9430.

EARN AND LEARN. Why not turn one weekend a month into additional skills, knowledge and money? We now have immediate opportunities for men and women age 17 and over in specialized fields. Call the California Army National Guard today. Monterey 408-373-2287.

READINGS by one of Pacific Grove's best psychics, Susan Scott, 646-9111.

THE BEACON has a new mailing address. It's PO Box 606, Pacific Grove, 93950. For Advertising, Billing and Distribution our phone number remains 648-1500. Fax is 648-1539. Our news office and editor's phone number 625-2965.

LOST! Husky, female, black and tan, light blue eyes, floppy ears. Answers to Tillie, 2-1/2 years old. Lost in Oak Hills (North County) while visiting. Please call owner Lynn 386-0751.

LOST: Young female Australian short hair shepherd, white and brown w/blue eyes. Responds to Katie. Missing since Feb. 17th. Please call 626-3879 or 649-6100. Owner Reese Taylor, Reward, \$300.

CHATTERBAUX CHILDREN'S SHOPPE sale! Children's and maternity wear 10-40% off select items. 157 Fountain Ave, Pacific Grove, 647-8701

KIM'S ALTERATIONS, 510 - 11th Street, Pacific Grove, 373-0203.

PIANO LESSONS, experienced, college instructor. All ages and levels, 372-8589.

I WILL gladly look after your child in my home, 375-9568.

1984 Jaguar X-J6 sedan. Metallic blue with tan leather upholstery with wool sheepskin seatcovers. Beautiful condition, driven for 10 years by female bank vice-president. Maintained by same mechanic during this ownership. Quiet, exquisitely smooth ride. Stereo with CD. Mechanically in A-1 condition. A graceful machine that will give you many more years of cruising comfort. Air conditioning, elec windows. 649-4675.

WANTED; Home exchange after this Christmas 1996. Beautiful Reno home in prestigious gated community overlooking city lights, mountains, and golf course. Completely furnished, 2 bdr, 2 bath, fireplace, all amenities. Thirty-five minutes from skiing at Lake Tahoe. I would like to exchange comparable home with 3 bdrms. near ocean in Pacific Grove area. Responsible, mature exchange references and house photos. Please call Karen at 1-800-255-8343 or 702-827-6840.

We think you've waited long enough!

You are now ready to experience the incredible results you get when you place a WANT AD in

the BEACON.

Now with 13,000 papers home delivered in Pebble Beach, Pacific Grove New Monterey.

What a way to advertise a YARD SALE!

For amazing results, call now! **648-1500**

Only \$4.00

BEACON WANT ADS

Private Party ads minimum 10 words \$4. Additional words 20¢ each. Commercial ads \$2.50 per line.

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16

To place your ad next issue call 648-1500 on Monday May 27th.

Lost and found ads are FREE to residents of Pacific Grove, Pebble Beach and New Monterey.

Start Date: _____
Ending Date: _____
Number Issues: _____
Number Words: _____

Min. 10 words: **4.00**
words @ 20¢: _____
Cost per issue: _____
Cost per run due now: _____

Please remit payment now

PG BEACON • 648-1500
P.O. Box 606 • PG • CA 93950

COMPLETE AND MAIL IN THIS FORM



Post Office now located at Longs Drugs

LILLIAN DUGGAN, (left) of Pacific Grove, was the happy first customer of the new US Post Office in New Monterey, conveniently located in Longs Drugs. She was attended by Postal Clerk Joanne Ask, also a Pacific Grove resident. A full service station, the Longs Post Office hours are 8:45am-1:00pm and 1:30pm-4:15pm Monday thru Friday (closed Saturdays) A Postal stamp vending machine is also available in Longs, seven days a week. Beacon photo by Eric Colby

Tips For Living Safely

from the PG Police Department

Safety on the Street

If you are walking outside, be streetwise.

—Don't make crime easy. Stay out of risky areas and stick to well-lighted, well-traveled parts of town. Avoid doorways, shrubbery and other dark places where someone might hide.

—Walk confidently. Be alert — notice who passes you and who's behind you.

—Ask a friend to accompany you when you go out.

—Ladies, keep your purse close to your body, covering the clasp or flap with your hand or forearm. Hold it tight.

—Don't carry open weave bags or purses without flaps. Keep your credit cards separate from your wallet. If the wallet gets stolen, you won't lose these valuables.

—Men, keep your wallet in a front pocket.

—Don't flash your cash. Be discreet. Leave most of your cash in the bank and use checks and credit cards as they are safer.

—Consider carrying a whistle or any type of noisemaker. If you're in trouble, use it!

—Carrying a weapon? That's asking for trouble. It can easily be turned against you.

New Monterey Moods

by Sam Fleming

Fitness, She Wrote

"Welcome to Ken's House of Torture" is the friendly greeting I get upon entering Studio One on One in New Monterey.

This is the place where you can get muscles and lose bodyfat, guaranteed. It's owned and run by Ken Green who is lean and handsome, tall and strong and fit as a man should be. His license plate on his new red Honda (perhaps you've seen it) reads "Old n Fit."

I hardly ever even notice the pain because Ken keeps me entertained while he puts me through ever more difficult (and silly looking, I might add) routines with weights and the newest in high tech stretching racks. It's no easy workout, either.

The thing that probably gets me the most is that Ken always says: "OK, now we are going to do some pec decs, 5 plates, 3 sets of 15!" What is this WE, that's what I want to know. I never get any help moving those weights around. The most I get is "Come on, that's

enough resting."

Ken is the best, though. He's been a physical fitness trainer for quite a few years but maybe his strongest suit is his personal advice for the lost at love group.

He always has suggestions for what to do about my ever changing love life (or the lack thereof) and I think that most of it comes from his own experience. I asked him today how many times he had been married and he never really got past "Well, let's see..."

Since November, when I began at Studio One on One, my life has changed in so many subtle ways. Thighs are down, biceps are up, attitude is good. Some people wait for their ships to come in. I'm still waiting for my hips to come in....

Real Estate Transactions

Provided by Abstract Information Services of Pacific Grove

PACIFIC GROVE

1126 SINEX AVENUE: \$200,000, Paul E. Trejo to Nancy C. Reid.

181 17 MILE DRIVE: \$567,500, Joseph F. Cavallaro to Ibrahim & Maria Poroy.

860 DEL MONTE BLVD: \$395,000, Dennis R. Smiley to Douglas H. & Linda J. Roberts.

214 ALDER STREET: \$253,000, Allen M. & Marla Y. Elvin to James J. & Doris H. Thompson.

909 FOUNTAIN AVE: \$195,000, Gladys L. White to Jerry R. & Brenda Musehl Taylor, Jr.

832 LIGHTHOUSE AVE: \$265,000, Gerald & Suzanne Horsley to Howard Hartman.

314 WOOD STREET: \$289,910, Elaine Macy to Joyce Lee.

309 11TH STREET: \$345,000, George C. & Doreen A. Webb to John S. & Kathleen M. Stacey.

1032 SHELL AVENUE: \$570,000, John R. & Rachael M. Kehoe to Barry J. & Jacqueline Seddon Raybould.

1330 FUNSTON AVE: \$230,000, Allan L. & Melinda D. Mayland to David B. & Danena R. Meza.

1021 DEL MONTE BL: \$310,000, John S. & Marne A. Trevisano to Robert E. & Nancy A. Slade.

1334 LINCOLN AVE: \$164,000, Gunilla Marks to Marci Stuckey.

2805 FOREST HILL BL: \$305,000, Thomas J. & Nanette R. O'meara to Christopher & Victoria Gatward.

PEBBLE BEACH

1460 VISCAINO DR: \$600,000, Headlands Mortgage Co. to David S. & Anne M. Straface.

3089 VALDEZ ROAD: \$595,000, Amelia Anderson Martin to Stephen & Dana Phinney Joseph.

4021 EL BOSQUE DR: \$470,000, J. Roberta Smith to Richard L. Spivey.

1166 CHAPARRAL RD: \$705,000, Harry S. & Kate E. Smallwood to Charles A. & Alison L. McDaniel.

3109 SLOAT ROAD: \$470,000, Lloyd T. Hardin Jr. to Anthony & Joan R. Biggs.

2903 COLTON ROAD: \$479,000, Mary A. Smith to William J. Biler.

SUMMER CAMP Cages

FOR BOYS & GIRLS Ages 6-13 • M-F 8am-5pm

JUNE 17-21 • JULY 1-5 • JULY 15-19 • JULY 29-AUG 2

BATTING • POOL • VIDEO GAMES • OUTDOOR ACTIVITIES
DENNIS THE MENACE PARK • MONTEREY SPORTS CENTER & MORE!

Includes breakfast, lunch, all activities, batting and video games

414 ADAMS STREET • MTRY • CA • 93940 • 375-1800

Now we're more than just batting!

Call today for more information!



Longs Drugs

KRAFT
Barbecue Sauce
18 Oz. Assorted

99¢

SHASTA
Soda 6-pack • 12 Oz. cans
Cola, Diet Cola, Lemon Line, Rootbeer, Orange or grape

99¢ Plus CRV

NABISCO
Snack Crackers
6.75 to 10 Oz. Assorted

169

PAMPERS
Stretch Disposable Diapers
Size 1, 44 count to 5, 22 count or Pampers Premium Size 1, 34 count to 5, 18 count.

599

PEPSI
Diet Pepsi, Caffeine Free
Diet Pepsi or Mountain Dew
12 pack • 12 oz. cans

299

PRINGLES
6 to 7 Oz. Assorted

119

Longs
Multi-Purpose Solution
12 Oz.

399

KINGSFORD
Charcoal Briquets
10 lb. bag

359

METAMUCIL
114 Dose Original or Sugar Free Selected Flavors

999

Longs
Undergarments
Regular, 36 count Belted; Extra Absorbency, Belted or Unbelted, 30 count; or Briefs, Small 26 count, Medium 22 count or Large 18 count.

1099
With In-Ad Coupon **999**

Popov
Vodka
1.75 liter, 80 proof

899

BUDWEISER
Miller or Coors Beer
12-pack, 12-Oz. Cans Assorted

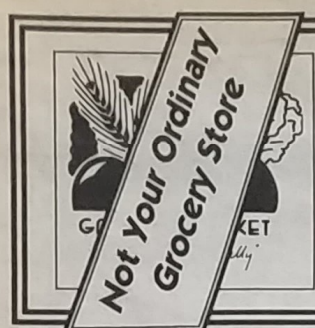
599 Plus CRV

686 Lighthouse Avenue, Monterey • 655-5404

Hours: Mon-Sat 8am-10pm • Sunday 9am-8pm

Prices good through Thursday, May 23, 1996

SALE ITEMS & PRICES AT LIGHTHOUSE STORE ONLY



GRANARY *News*



MAY 1996

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Our Commitment to the Community
Vitamin E & Beta-carotene in the News

Published By
The Granary Market
173 Central Avenue
Pacific Grove, CA 93950
(408) 647-2150
Published 5 times
per year as a service
to the community
Peggy Miars, Editor

It's Our Anniversary and the Party's for You!

REGISTER TO WIN ONE OF OUR FABULOUS ANNIVERSARY PRIZES

Thank you to our dedicated customers for your support through another year of providing you with products and personal service dedicated to your health and well being. To celebrate our 24th anniversary of service to the community, we're giving you the prizes!

Plan on joining us for our anniversary sampling fair, where you can sample fresh produce, grocery foods and beverages, supplements, cosmetics and as many products as we can gather in one convenient location. While you're here, register to win one of our fabulous anniversary prizes.

Thank you to the following manufacturers for participating

Amé
Cafe Altura
Carmel Valley Coffee Roasting Co.
Celestial Seasonings
Eden Foods
Gaia Herbs, Inc.
Glaceau Water
Good Health
Imagine Foods
Mexi Snax Chips
Michael Season's
Mountain Sun Juices
Muir Glen
Nature's Apothecary
Nature's Life
PetGuard
Santa Cruz Fine Foods
Stretch Island
Taste Adventure
Wildwood Natural Foods
Yves Fine Foods, Inc.
Zand
Zia Cosmetics

and special thanks to United Organic Growers (Salinas, CA) for providing organic produce samples

Granary Market

Anniversary Sampling Fair

Saturday, June 1, 1 - 6 p.m.
167 Central Avenue
(next door to the Granary Market)

We'll see you there!

REGISTER TO WIN!

Grand Prize

Weekend Getaway for two
at the Calistoga Village Inn and Spa
including lodging, mud bath, massage, food & beverages

First Prize

Champion Juicer

Second Prize

\$100 Granary Market
Merchandise Coupon

Kombucha Fever

KOMBUCHA TEA STUDY REPORTS MANY BENEFITS

The increasing interest in Kombucha mushroom tea is an example of an old health custom that is being adopted by a new generation of health seekers. Kombucha is a natural health beverage and remedy with origins in Russia and Asia.

The drink is made of a yeast culture cultivated on a growing medium of tea and sugar and 10% of a previous batch. Fermentation produces an array of beneficial substances including enzymes, detoxifying acids, antibacterial agents, B vitamins, and the distinctive mushroom which floats atop the liquid. The Moscow Central Bacteriological Institute describes Kombucha as a "tea sponge" or "tea fungus" formed from Bacterium Xylinum and nest-like deposits of yeast cells of the

genus Saccharomyces.

Biochemists ascribe many of Kombucha's therapeutic effects to l-lactic acid. Lactic acid is also found in fermented foods such as sauerkraut and yogurt. Lactic acid activates cell respiration and increases oxygen in the blood, thus increasing energy.

Kombucha is reported to be helpful in normalizing digestive function when taken at mealtime. Between May 1989 and January 1990, Dr. Med. Erich Rebholz, of the Gaggenu Center for Naturopathic Medicine in Germany, conducted a study in which he gave kombucha to patients with various gastrointestinal complaints.

Following the study, Rebholz reported that 45% of the patients showed a dramatic improvement of

their symptoms; 35% had noticeable improvement; and 7% reported no change in their condition.

Rebholz added that none of the volunteers experienced any adverse reactions. Rebholz also said that the pH-stabilizing effect observed in the intestines appears to be conducive to the establishment of a normal intestinal flora.

In addition to improving intestinal health, Klaus Kaufmann, author of *Kombucha Rediscovered!* writes "kombucha tea seems to hold one key to accelerated detoxification of the body, because, other than the liver and kombucha, glucuronic acid cannot be found in nature."

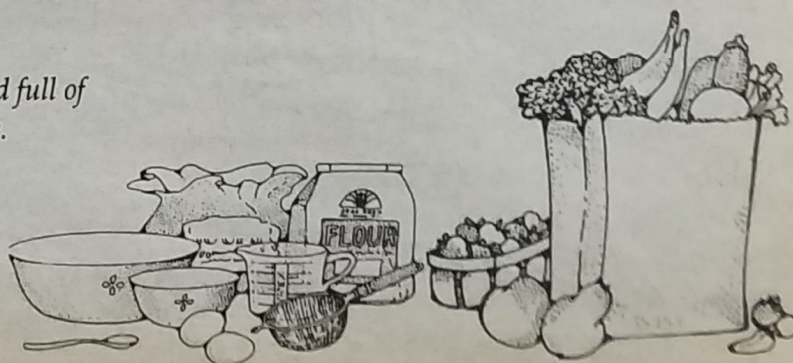
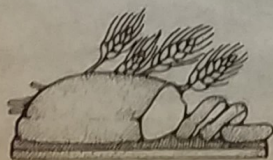
Reference: Fasching, Rosina. *Trä Fungus Kombucha*. Steyr, Austria: Wilhelm Ennsthaler Publishing Co., 1994.

Dear Subscribers of the
Beacon

Our Complimentary newsletter is crammed full of information to help you lead a healthier life.
Read and enjoy.

Call or visit us if you have any questions.
We're here as a resource for you.

In good health!
Todd Loomis & the Granary Staff

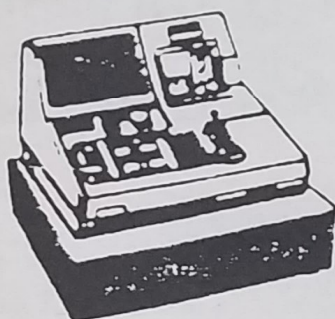


Granary Market Leaps Into the 21st Century

NEW REGISTER SYSTEMS FOR GRANARY'S 25TH YEAR

We are so excited! After almost 15 years, we are installing a new cash register system. Finally, our customer receipts will clearly show a product description, produce weight with price per pound, and taxable status. We will all be able to understand them better. What a relief! Also, behind the scenes, the information and inventory management functions associated with the new registers will help the Granary to maintain a healthy, streamlined business, and to keep prices low.

As in any transition, there will be an adjustment period. We ask for your patience and help during this change over. While eventually the new system will allow us to ring up your sale more quickly, in the beginning we will all be learning at once, and your checkout time may be longer. We apologize for this. The cashier staff has had extensive training in preparation, but there is just no substitute for the real thing.



Two changes you will notice in addition to our new receipts:

- Returns and exchanges must be processed only at the register nearest the cosmetics. We realize that this may occasionally mean extra time in line for those customers returning items, and we apologize; however, the computer at that register is the only one equipped to handle returns. Our return policy remains the same; just the procedure has changed.

•Golden Years Cards must be filled out completely with name, address, and phone number, so that we can streamline their use by issuing permanent wallet cards. Eventually, when you present your card at the beginning of a transaction, the registers will keep track of your purchase totals for us and will automatically let us know when you qualify for the \$5.00 rebate.

Come by and take a look at our shiny new equipment as we "power up." Once we start using it, we're sure we will have lots of new features to tell you about. So watch this space in future newsletters for updates.

Building Better Babies

ZINC SUPPLEMENTATION INCREASES BIRTH WEIGHT AND REDUCES RISK OF INFECTION

A recent double-blind, placebo-controlled clinical trial conducted by researchers from the Department of Obstetrics and Gynecology and Department of Nutrition Sciences at the University of Alabama sought to clarify the relationship between zinc supplementation during pregnancy and pregnancy outcome.

The researchers selected a population likely to be at risk, African-American women who had relatively low plasma zinc levels early in pregnancy, and treated them with a dose of zinc higher than the 15 mg per day that is the U.S. RDA for pregnant women.

other minerals (but not zinc). Half of the women received an additional supplement of 25 mg of zinc sulfate and the other half were given a placebo. Supplementation began 19 weeks into pregnancy and continued until delivery.

Robert Goldenbert, M.D., the lead researcher of this study, found that the

The women supplemented with zinc did not report gastrointestinal disturbances or any other side effects. **The infants born to zinc supplemented women showed a reduced risk of neonatal sepsis (infection), and their hospital**

stays were shortened by one day.

Reference: *Journal of the American Medical Association*, August 6, 1995; 274(6):463-8.



African-American women were chosen because this population averages newborns with birth weights 200 gms lower than other populations.

The women were randomly divided into two supplement groups. Both groups received prenatal supplements containing folic acid, iron, and

zinc supplemented women gave birth to 126 gm larger babies than the placebo supplemented women. The zinc group also showed a marginally significant improvement in gestational age and produced fewer low birth weight infants.

Bulk Department Changes

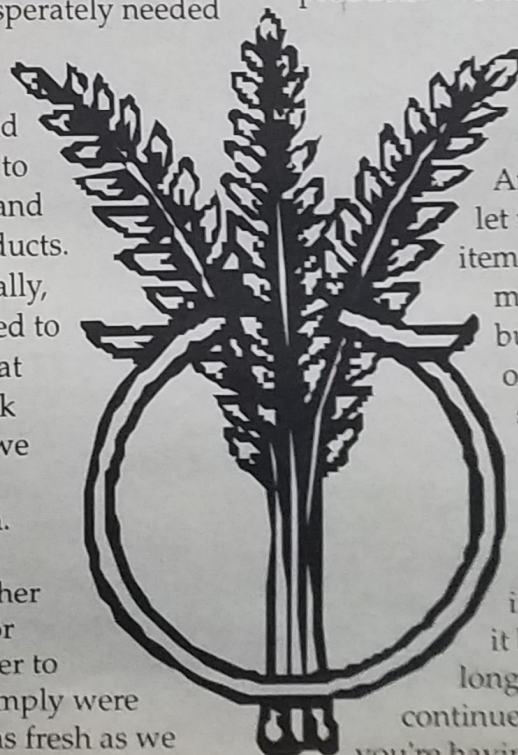
LESS IS MORE—MAYBE?

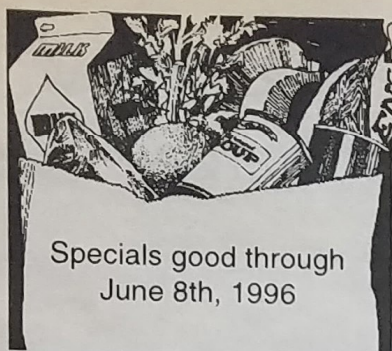
As many of you have noticed, the bulk department has shrunk. We have streamlined the current selection of bulk products to offer a more limited variety of our best-selling items in about one-half the space. While we knew many customers prefer the convenience and ecological benefits of bulk foods, we desperately needed the space to expand our selection and variety of "to go" foods and other products. Additionally, we wanted to insure that what bulk products we do offer are always fresh. Many of the items we either eliminated or switched over to packaged simply were not always as fresh as we would have liked. Now, with two custom packaging compa-

nies supplying us, we can offer a wider selection of nuts, beans, seeds, grains, flours, dried fruits and snacks than we could originally carry in the bulk bins. The product will be fresher, too!

We hope you will appreciate the changes. Look for lower prices, better selection and fresher products. We hope that win-

ning combination will offset the loss of some items. And, please do let us know what items you truly miss having in bulk by filling out one of the special "Bulk Comment Forms." If we get enough requests for an item, we will put it back in stock, as long as the demand continues. Also, if you're having trouble finding anything, please ask any employee for assistance.





BULK FOODS

GRANARY MARKET BONUS BUYS CUSTOMER SAVINGS PROGRAM

All Prices Per Pound

	Reg.	Sale
Organic White Basmati	\$1.75	99¢
Mocha Marble Crunch	\$6.39	\$3.69
Oat Bran	\$1.39	79¢
Neptune's Dream Pasta	\$2.45	\$1.39

All Prices Per Pound

	Reg.	Sale
Chocolate Cashew Clusters	\$7.35	\$5.65
Chocolate Almond Clusters	\$8.55	\$6.55
Kidney Beans	\$1.25	1.09
Supernatural Granola	\$2.75	\$2.19
Sweet Rice	\$1.15	99¢
Wizard's Reply Pasta	\$2.59	\$1.99
Pumpkin Seed	\$3.49	\$2.69
Nature's Burger Mix	\$2.75	\$2.29

FROZEN FOODS

MEATLESS

BOCA BURGER

A Revolutionary Taste Sensation

Boca Burgers	Reg.	Sale
Chef Max's 2.5oz	\$3.95	\$2.55
Garlic 2.5oz	\$3.95	\$2.55
Vegan—Fat Free 2.5oz	\$3.95	\$2.55



Van's Waffles	Reg.	Sale
Wheat Free		
6.25 oz.	\$2.55	\$2.19

Waffle Heaven

Toaster Waffles—Blueberry and Honey Grain	
8ct.	\$2.39 \$2.05

All products labeled as organic are grown in accordance with the California Organic Foods Act of 1990

All products subject to supply on hand. Prices subject to change without notice. Expiration 6/8/96

FROZEN FOODS

FROZEN FOODS

Rice Dream.

Rice Dream	Reg.	Sale
Cookies N Dream, Neapolitan, Vanilla, Cocoa Marble Fudge		
Qts.	\$3.69	\$3.29

FROZEN FOODS

FROZEN FOODS



	Reg.	Sale		Reg.	Sale
Country Style Potatoes	\$2.45	\$2.15			
French Fries	\$2.45	\$2.15	Sorbet Bars		
Peas & Carrots	\$2.19	\$1.85	Mango, Strawberry-Raspberry-Orange, and		
Green Beans	\$1.89	\$1.65	Chocolate	85¢	69¢
Garden Peas	\$2.79	\$2.45			
California Blend	\$2.19	\$1.85	Meals for a Small Planet		
Sweet Corn	\$1.99	\$1.75	Cajun, Aztec, Oriental, Moroccan,		
Gardener's Blend	\$2.15	\$1.85	Mediterranean, Indian		
			16 oz.	\$3.05	\$2.75

REFER THREE GET ONE FREE!

Looking for an affordable massage therapist who "listens" to your over-worked, stressed muscles? - Then you need me -

KATHERINE WELLS, C.M.P.

My intuitive/experienced/strong hands will aid in the elimination of accumulated toxins, help improve muscle tone, increase joint range-of-motion and the supply of fresh nutrients to the tissues of your body. TAKING CHARGE OF YOUR HEALTH IS ONLY A PHONE CALL AWAY!

373-2742

GIFT CERTIFICATES AVAILABLE

STRICTLY NON-SEXUAL/THERAPEUTIC BODYWORK

- SWEDISH
- DEEP TISSUE
- ACUPRESSURE



DELI

R•O•Y•A•L Lonesome

Old Fashion Pit Smoking

Royal Lonesome	Reg.	Sale
No Nitrate Bacon		
12 oz.	\$4.99	\$4.25

DELI

Jack and the Beanstalk

	Reg.	Sale
Organic, Soft Soybean Cake		
16oz.	\$1.55	\$1.39

Register to Win Great Prizes During Our 24TH ANNIVERSARY SAMPLING FAIR

WIN!

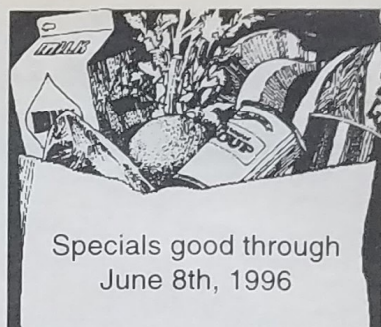
NAME _____

ADDRESS _____

CITY _____ STATE _____

PHONE _____ ZIP _____

To be eligible, you must drop form in the registration box at the Granary Market prior to 6:00pm on Saturday, June 1st. Drawing will be held at the conclusion of the Anniversary Sampling Fair. You need not be present to win. Winners will be notified by telephone.



DELI

NEW!

Brown Cow Farm

Yogurt	Reg.	Sale
Vanilla, Qts.	\$3.35	\$2.69
Plain, Qts.	\$2.49	\$1.99



Spectrum Naturals	Reg.	Sale
Spread		
10 oz.	\$2.59	\$1.85

SOYA KAAS

Fat Free Cheese	Reg.	Sale
Jalapeno, Jack, and Mild American Style		
12 oz.	\$5.55	\$4.19

Nancy's

Yogurt	Reg.	Sale
Plain, Low Fat		
Qts.	\$2.45	\$2.09

VEGENAISE

DRESSING & SANDWICH SPREAD

Follow Your Heart	Reg.	Sale
Original Vegenaize		
16 oz.	\$3.05	\$2.59
32 oz.	\$4.29	\$3.65
Grape Seed Vegenaize		
16 oz.	\$4.05	\$3.45
32 oz.	\$5.85	\$4.99

YES VEGGIE

Yes	Reg.	Sale
Canadian Veggie Bacon		
6 oz.	\$2.95	\$2.45

The Cooking Corner

BY JULES MICHAEL

I took a cooking class once that made quite an impact on me. The teacher was graceful, inspiring and loved natural foods. I often remember the gentle movements of her hand thoughtfully stirring the soup 'round and 'round in the big pot. It was as though she brought the soup to life. I hope my cooking classes are as inspirational today as hers was for me all those years ago.

On Saturday mornings I have the house to myself and usually spend it in the kitchen. After several hours, I'll have a delicious assortment of breads,

apple pear turnovers, vegetarian chili, pasta salad, roasted rosemary potatoes and creamy rice pudding. Making everything from scratch is great fun, but who says you can't have a little help from your "friends"? I use Fantastic Foods vegetarian chili mix and Lundberg Family Farms rice pudding mix as they are both tasty and nutritious. Try my bread recipes from a few months ago and make a fresh loaf of bread, too!

Let your time in the kitchen be creative, inspirational and fun! Be good to yourself, and enjoy this month's recipes.

Jules Michael is a natural products educator and the owner of What's Cookin'! Catering company based in Sonoma County, California. For information, call (707) 824-9141.

Pycnogenol or Grape Seeds?

ANTIOXIDANTS MORE POTENT THAN VITAMIN C & E

Jacques Masquelier coined the word "Pycnogenol" to describe a class of bioflavonoids that are composed of polyphenols, or Proanthocyanidin complexes, also referred to as Oligomeric Proanthocyanidin Complexes (OPC). Masquelier patented a process to extract Proanthocyanidin from both pine bark in 1951, and grape seeds in 1970. The name Pycnogenol was intended as a scientific name for this class of bioflavonoids, whether extracted from pine bark or grape seeds.

Proanthocyanidins are virtually identical whether they come from pine bark or grape seeds. The difference is in the varying concentration in the different plants. Grape Seed Extract Proanthocyanidin yields a 95% concentration, the highest concentration of any known source, which is 10% higher than the yield obtained from pine bark.

Dr. Masquelier discovered that OPC from grape seeds has an intense free radical scavenging effect on radical oxygen species.

In June 1981, Pierre Agache published the results of a study he conducted at the Clinique Dermatologique in Besancon, France which demonstrated the inhibition of histamine

induced hives by oral administration of a 95% Proanthocyanidin Grape Seed Extract.

Proanthocyanidin Grape Seed Extract.

Doctors who are recommending Pycnogenol say that they get the best results when they recommend a dose of 20 mg per every 20 pounds of body weight, or approximately 150-200 mg per day, which is the same dose that is recommended in France for the Grape Seed Extract.

Pycnogenol has been shown by accepted toxicological protocols to be non-toxic, non-mutagenic, and non-teratogenic. Grape Seed Extract has also been shown to be safe for conception, pregnant women, and the unborn fetus.

Both Pycnogenol and Grape Seed Extract have been shown to be 20 times more potent than Vitamin C and 50 times more potent than Vitamin E as an antioxidant.

From the published literature the pine bark and the grape seed extract appear to produce the same results. Grape Seed Extract has a 10% higher concentration of Proanthocyanidin. However, it is more abundant, easier to grow, easier to harvest, and less expensive.

Reference: Radical Scavenging Effect of Proanthocyanidins, Clark Hansen, N.D., October 1987.

Texas Taco Salad

This salad is so simple, you'll start bringing it to every potluck you attend!

Ingredients:

- 1 package taco seasoning mix
- 1 lb. firm tofu, drained and crumbled
- 2-3 Tbs. pure water
- 1/4 tsp. ginger, grated
- 3 stalks celery, diced
- 2 medium carrots, diced
- 2 bunches broccoli, diced or in small flowerets
- 1 red onion, diced
- 2 tsp. Bragg's Liquid Aminos

Directions:

Prepare all vegetables. Braise ginger in water. Crumble tofu gently into pan and mix well. Saute about five minutes until browned. Add vegetables and additional water as needed. Reduce to simmer and add seasoning mixture. Mix well and saute an additional five minutes. Serve immediately over hot grains with fresh bread. Or chill and serve as an appetizer with baked pita chips.

Ann Wigmore's Nut Loaf

#1001 recipe from Recipes for Longer Life

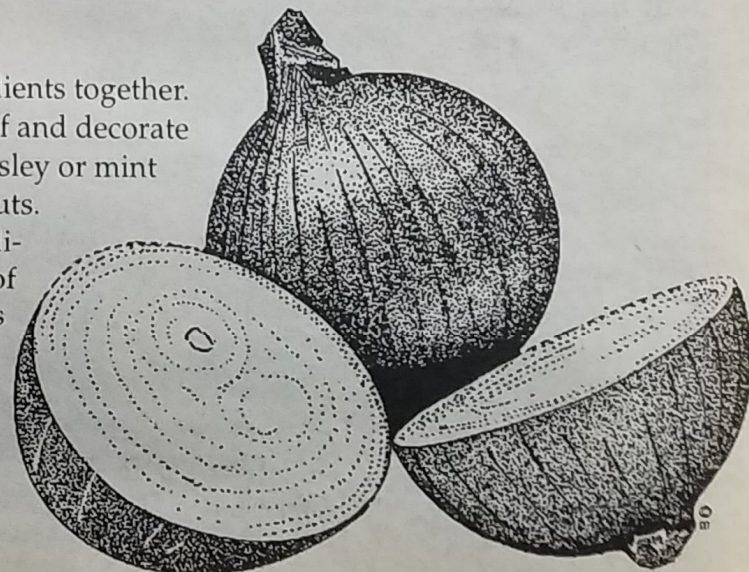
Ingredients:

- 2 C homogenized carrot (use solid plate on juicer)
- 1/2 small red onion, finely chopped
- 1/4 C parsley, finely chopped
- 1 C ground almonds, cashews or walnuts
- 2 T vegetable seasoning (optional: 2 T coconut oil, fresh mint)

This is one of the tastiest raw foods meals you'll ever have, thanks to Ann Wigmore, the pioneer of raw foods!

Directions:

Mix ingredients together. Shape into loaf and decorate with fresh parsley or mint and ground nuts. Serve over individual plates of greens. Serves 4-6.



Sari's Savory Casserole

Convenient and delicious!

Ingredients:

- 2 heads broccoli
- 1 medium-head cauliflower
- 1 lb. firm tofu, diced or crumbled
- 2 tsp. white pepper
- 3 T tahini
- 3 T nutritional yeast
- 2 T red wine
- 1 1/2 tsp. dark barley miso
- 1 T powdered vegetable bouillon
- 1 yellow onion, diced
- 2 carrots, grated
- 3 T parsley, crumbled

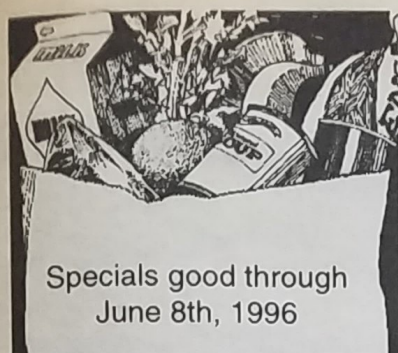
Directions:

Break broccoli and cauliflower into bite-sized pieces. Steam for three minutes in 1 cup of water. Place tofu, white pepper, and 1/2 cup of steaming water from vegetable water in blender. Add 1/2 the onion and the seasonings. Mix well. Pour tofu mixture over vegetables. Add remaining onion, carrot and parsley. Mix gently, but thoroughly. Add additional water as desired.

Cover and bake at 350° for 30 minutes. Uncover and bake an additional ten minutes or until browned.


Optional: Top with croutons, olive oil, black pepper, oregano, basil, cayenne and paprika.

Recipe from Sari Rappaport, Sonoma County, CA.



Specials good through
June 8th, 1996

GROCERIES



BONUS BUYS
CUSTOMER SAVINGS PROGRAM

For Goodness Sake

Beverages	Reg.	Sale
Spritzers All Varieties 6pk 12 oz.	\$4.99tx	\$3.99tx
Organic Apple Juice Gallon	\$9.45	\$5.99
Organic Grape Juice, 32 oz.	\$2.69	\$1.99
Lemon Ginger Echinacea—Try it iced! 32 oz.	\$2.55	\$1.99
Grape Recharge—New! 32 oz.	\$1.79	\$1.39

Fat Free!

BONUS BUYS
CUSTOMER SAVINGS PROGRAM

Herbalicious	Reg.	Sale
Vinaigrettes—Dill Cucumber, Tarragon Mustard, Garlic Italian, Roasted Pimento— Organic Vinegar 10 oz.	\$3.49	\$2.69

New Squeeze Bottle!

Tree of Life	Reg.	Sale
Organic Ketchup 13.5 oz.	\$2.69	\$1.99

WESTBRAE NATURAL

Condiments	Reg.	Sale
BBQ Sauce 14 oz.	\$2.79	\$2.19
Organic Mustard, Squeeze Bottle 8 oz.	\$1.79	\$1.49
Fruit Sweetened Catsup Reg. or No Salt 14 oz.	\$2.39	\$1.89

BONUS BUYS
CUSTOMER SAVINGS PROGRAM

Spectrum Naturals

	Reg.	Sale
High Oleic Safflower Oil 32 oz.	\$5.09	\$3.89
Canola Mayonnaise 16 oz.	\$3.29	\$2.19
32 oz.	\$4.69	\$3.49
Lite Canola Mayonnaise (eggless) 32 oz.	\$4.69	\$3.49

All products subject to supply on hand.
Prices subject to change without notice.
Expiration 6/8/96

GROCERIES

BONUS BUYS
CUSTOMER SAVINGS PROGRAM

Tropical Source

	Reg.	Sale
Hazelnut Espresso Crunch, Mint Candy Crisp, Red Raspberry Crush, Toasted Almond, Wild Rice Crisp Bar, Sundried Jungle Banana 3 oz.	\$1.99	\$1.49

GARDEN OF EATIN'

BONUS BUYS
CUSTOMER SAVINGS PROGRAM

Organic

Chips	Reg.	Sale
Blue Corn Chips—salted or unsalted, 10 oz.	\$2.19	\$1.49
Salsa Reds 10 oz.	\$2.69	\$1.89

BONUS BUYS
CUSTOMER SAVINGS PROGRAM

Enrico's
(SINCE 1938)

Salsa	Reg.	Sale
Hot, Mild, Hot No Salt, Mild No Salt 15.5 oz.	\$2.79	\$1.89

BONUS BUYS
CUSTOMER SAVINGS PROGRAM

BAR CLIF

The Natural Energy Bar

Clif Bars	Reg.	Sale
Apple Cherry, Crunchy Peanut Butter, Chocolate Chip, Chocolate Espresso, Dark Chocolate, Real Berry 2.4 oz.	\$1.49	\$1.15

NEW!

HEALTH FROM THE SUN

Health From the Sun	Reg.	Sale
Flax Liquid Gold 8 oz.	\$7.95tx	\$6.45tx
16 oz.	\$13.95tx	\$11.19tx
Hemp Gold (Hemp Oil) 8 oz.	\$17.95tx	\$14.45tx

GROCERIES

Casbah

BONUS BUYS
CUSTOMER SAVINGS PROGRAM

	Reg.	Sale
Perfect Burger Teriyaki, 10 oz.	\$1.99	2 for 1
Perfect Latke 6.5 oz.	\$2.19	2 for 1
Pilaf Mix Lentil, Nuted, Rice, Spanish, Cous Cous 7 oz.	\$1.69	\$1.49

Little Bear

Organic Foods

	Reg.	Sale
Carmel Corn, Butter Toffee Carmel Corn with Sol nuts 5 oz.	\$2.39	\$1.89
Chili Low Fat Original, Low Fat Spicy 15 oz.	\$2.19	\$1.49

BONUS BUYS
CUSTOMER SAVINGS PROGRAM

AMERICAN PRAIRIE

Beans	Reg.	Sale
Black Beans, Great Northern Beans, Kidney Beans, Pinto Beans 15 oz.	\$1.75	\$1.05

Organic

NATURE'S PATH

Cereals	Reg.	Sale
Heritage Flakes, Organic, Eco Pack 32 oz.	\$8.09	\$6.79

BONUS BUYS
CUSTOMER SAVINGS PROGRAM

BARBARA'S

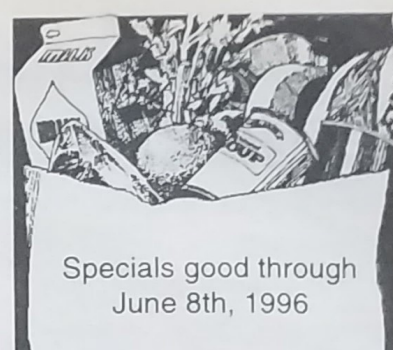
Cereals

Puffins, Shredded Spoonfuls

Buy One Get One Free

ECOVER

Ecover	Reg.	Sale
Lemon Aloe Dishwashing Liquid 16 oz.	\$3.85tx	\$3.25tx
Soft Scrub Cream 16 oz.	\$2.55tx	\$2.15tx



Specials good through
June 8th, 1996

GROCERIES

BONUS BUYS
CUSTOMER SAVINGS PROGRAM

Glaceau	Reg.	Sale
Mineral Enhanced Water 20 oz.	\$1.35tx	99¢ tx
Infused Water Watermelon, Cantaloupe, Honeydew 20 oz.	\$1.35	99¢

BONUS BUYS
CUSTOMER SAVINGS PROGRAM

Leroux Creek	Reg.	Sale
Apple-Berry Sauce 24 oz.	\$2.75	\$1.99

BONUS BUYS
CUSTOMER SAVINGS PROGRAM

Reed's	Reg.	Sale
Premium Ginger Ale 4x 12 oz.	\$4.19tx	\$2.99tx

CRYSTAL GEYSER
NATURAL
alpine spring water

Juice Squeeze	Reg.	Sale
Passionfruit Mango, Pink Lemonade, Wild Berry 4x 12 oz.	\$3.49tx	\$2.99tx

BONUS BUYS
CUSTOMER SAVINGS PROGRAM

Republic of Tea
ALL FLAVORS

\$1.00 OFF

TRADITIONAL MEDICINALS

	Reg.	Sale
Breathe Easy Tea 16 bags.	\$3.35	\$2.85

CELESTIAL SEASONINGS
CAFFEINE-FREE TEA

Teas	Reg.	Sale
Raspberry Zinger 20 bag.	\$2.45	\$1.99
Orange Mango Zinger 24 bag.	\$2.45	\$1.99
Lemon Zinger 24 bag.	\$2.45	\$1.99
Wild Berry Zinger 24 bag.	\$2.45	\$1.99

Teccino
MEDITERRANEAN HERBAL ESPRESSO

Herbal Espresso	Reg.	Sale
Almond Amaretto, Chocolate Mint, Vanilla Nut, Original 8.5 oz.	\$7.25	\$5.99

What's New at the Granary

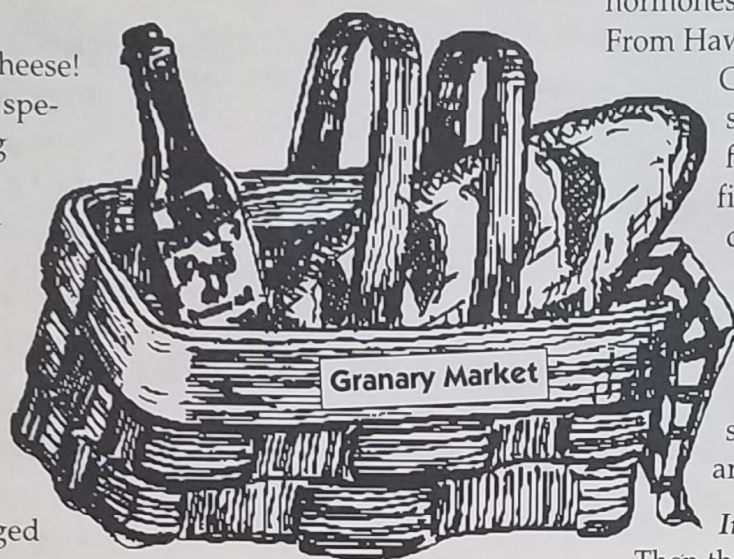
GOURMET FOODS AND READY-TO-EAT ITEMS FOR PEOPLE ON THE GO

In order to bring you the most current, healthful products, our buyers stay up to date on new products in the natural foods industry. We're pleased to introduce you to these new products offered for Granary shoppers.

In the dairy cooler -- Say cheese! The expanded selection of specialty cheeses should bring smiles to the faces of our cheese-loving customers -- new varieties of fresh goat milk cheeses from Redwood Hill Farms, Bellwether Farms' farmer's cheeses made from Strauss Dairy organic milk, organic sheep's milk feta (barrel aged from Greece) and fresh or smoked mozzarella cheeses from Belfiore. These delicious, flavored cheeses are perfect for those summer get-togethers, picnics or special occasions. Greenbank Farms' organic cheeses -- Made simply from pure and fresh milk and hand-milled the old-fashioned way in small vats by master cheesemakers. Enjoy!

The hens that lay Judy's Family Farm's certified organic eggs are raised in wide open spaces in Sonoma Valley where they are free to "roam, scratch, and play."

Horizon Organic Dairy guarantees their organic butter comes to you free of antibiotics, pesticides and synthetic hormones. Skyhill Napa Valley Farm's registered Nubian goats bring you a variety of creamy, fresh, mild yogurts to tempt your taste buds.



In the deli -- To answer "the endless question" -- What to eat today? --

The choices are getting better all the time as new vendors appear bearing mouthwatering delights. New salads and roll-up sandwiches from the kitchens of Simple Pleasures in Sausalito make mealtime easy. Other new treats include fresh dolmas from Stuff-Ums, fresh pasta salads from Cafferata and 16 ounce burritos from Vegeritos. Soooo goood! Look for arrival the end of May.

For that special occasion or just for a treat, we have begun carrying two new specialty smoked seafood lines. From the unpolluted waters of New Zealand comes Regal Salmon, a farm-raised king salmon, grown without the use of any antibiotics, bactericides or hormones and naturally smoked. From Hawaii's Wild Fish

Company comes smoked ahi and swordfish. These deep-water fish are line caught, quick frozen at sea, then thawed and marinated in organic soy sauce and slowly smoked. No salt, sugar or preservatives are used.

In the freezer case --

Then there's the other question -- "What shall we cook for dinner?" How about trying some of the new seafood cakes from Stacey's Famous Products? These Bay Area favorites were the best selling dishes at Pearl's Oyster Bar in Palo Alto where owner Stacey A. James created the hand-made crab, shrimp, scallop, Thai fish cakes and salmon cakes. We have a selection of both the mini size for appetizers and the entree size. Recipes are available.

For Sunday brunch try some of the new Aidells Beilinski Sausages -- in pasta, with scram-

bled eggs or grilled in a salad. These award-winning products are also lower in fat than regular sausages and use top quality natural products without artificial flavors, fillers or MSG. Recipes are available.

In the grocery department -- Try our new Naturally Northwest and Juniper Valley milks in aseptic packages. These packages have a six-month shelf life and need no refrigeration until opened -- ideal for camping and vacations and a great addition to any home's disaster preparedness kit. Our customers have been "eating up" our four varieties of Glaceau waters -- fruit infused (watermelon, canteloupe and honeydew) and mineral enhanced. Enjoy these refreshing drinks with natural flavors. The mineral enhanced is great for active people -- bottles fit in drink cages on bicycles. All varieties are on sale now for only 99¢!

You'll love Imagine Foods' pudding snacks (chocolate, banana, butterscotch, and lemon) in four 4-oz. cups per package. These low-fat, non-dairy treats make great additions to lunch boxes and family outings. Lundberg Farms' nutrafarmed California arborio rice, used for risotto and paella, cooks to a creamy consistency. Lundberg farms this rice in the Sacramento Valley.

Remedy from the Rainforest

RAINFOREST HOLDS HOPE FOR MANY CURES . . .

The biological diversity in the rainforest is almost beyond comprehension. Two acres of rainforest have more species of plants than all of North America's forests, mountains, plains, and tundra.

According to Ramon Ferryra, Ph.D., a Harvard-educated botanist and professor at San Marcos University in Lima, Peru, there are twelve different herbs known in Peru as *Una de Gato*. One of these twelve has captured the interest of both the natural products industry and alternative practitioners throughout the U.S.

Cat's claw, as it is known in English, or *una de gato* as it is called in Spanish, is a tropical member of the madder family (*Rubiaceae*). Botanists know it as *Uncaria tomentosa*.

Its clinical applications have included use in gastritis, ulcers, cancer, arthritis, rheumatism, irregularities of the female cycle, and acne. It has also been used for treatment of organic depression. In external application, it is applied for the treatment of wounds, fungus, fistulas, and hemorrhoids.

In a recent article in the journal *The Business of Herbs*, James A. Duke, Ph.D., economic botanist for the U.S. Department of Agriculture, speaks about cat's claw's ability to help diabetics.

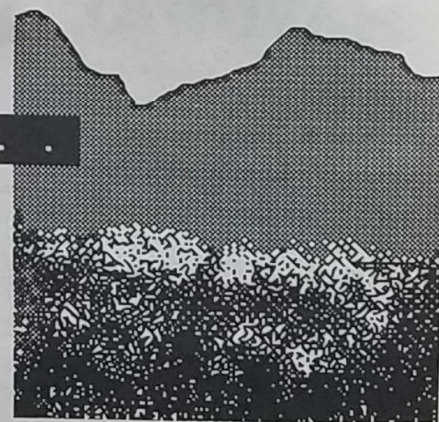
Cat's claw has been shown to enhance immunity in cancer patients by increasing immunoglobulin counts. Other research shows that this plant has a distinct anti-inflammatory action. It appears that the alkaloids contained in cat's claw

are responsible for immune activity. One alkaloid has been shown to reduce blood pressure, lower blood cholesterol, relax blood vessels, and lower heart rate.

Cat's claw has been applied as a specific for dysentery, gonorrhea, and cancer of the urinary tract in females. Both U.S. and European researchers have found it specific for cancer of the urinary tract in females.

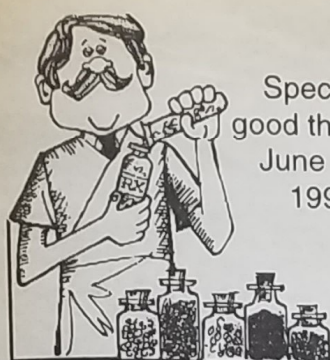
Some of its alkaloids have been studied for their anti-arthritis quality with fair success.

With increased use of this herb, there is also concern about maintaining enough of a supply while not endangering the existence of native plants in the Amazon. There are now a few groups that are cultivating this herb, which should increase availability.



Cat's claw has been determined to have no short or long term toxicity. The only caution is that this herb should not be taken by a woman who wants to get pregnant, as it is considered a birth control by Amazonian people.

References: A. Senatore, et al. "Phytochemical and biological research on *Uncaria tomentosa*," *Boll Soc Ital Biol Sper*, 65:517-20, 1989. Rizza, Re, Bianchi, De Feo, Stivala, & DeSimone. "Mutagenic and antimutagenic activities of *Uncaria tomentosa* and its extracts," *Journal of Ethnopharmacology*, 38:63-77, Jan. 1993.



Specials
good through
June 8th,
1996

VITAMINS

VegLife

Advanced Vegetarian
Supplements

Supplements	Reg.	Sale
Goldenseal Root 50 tabs.	\$12.98	\$8.98
Ginko Biloba Extract 50 Vegicaps.	\$11.98	\$7.98
Beta Carotene 100 tabs.	\$11.98	\$7.98
E 400 50 tabs.	\$9.98	\$6.98
B-Complex 100 tabs.	\$10.98	\$7.48
C-1000 90 tabs.	\$10.48	\$6.98

TWINLAB

Twin Lab	Reg.	Sale
Melatonin 1mg. 60 caps	\$4.95	\$3.89
Melatonin 3mg. 60 caps	\$8.95	\$7.49



STRATEGIES
FOR
WELLNESS™

Source Naturals	Reg.	Sale
Melatonin 2mg, time released 120 tabs	\$12.99	\$8.99
Melatonin 3mg, time released 60 tabs	\$8.98	\$5.99



For relief of hayfever and allergy
symptoms, try these remedies.

Decongest Herbal	Reg.	Sale
60 caps	\$7.95	\$6.19
Bronc Herbal	Reg.	Sale
50 caps	\$8.99	\$7.29



Now with
Significantly
Improved
Bioavailability

Thisilyn	Reg.	Sale
Standardized Milk Thistle Extract. 100 caps	\$29.95	\$22.95

Future Biotics	Reg.	Sale
Advanced Colloidal Trace Minerals 4 oz.	\$10.95	\$6.95

All products labeled as organic are grown in accordance with the California Organic Foods Act of 1990

All products subject to supply on hand. Prices subject to change without notice. Expiration 6/8/96

VITAMINS

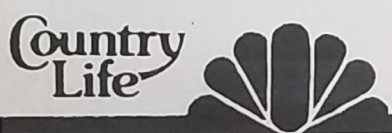


Gaia Herbs Reg. Sale

Phyto-Proz Supreme		
1 oz.	\$11.20	\$8.95
2 oz.	\$21.40	\$16.95

Guaranteed Bio-Extractives™ are a new line of full spectrum, whole plant standardized extracts with guaranteed levels of bio active constituents — highest potency available.

Echinacea/Goldenseal GBE		
1 oz.	\$24.95	\$19.95
Feverfew GBE		
1 oz.	\$24.95	\$19.95
Ginko Leaf GBE		
1 oz.	\$24.95	\$19.95
Kava Kava GBE		
1 oz.	\$29.95	\$23.95
Vitex GBE		
1 oz.	\$24.95	\$19.95
Valerian Root GBE		
1 oz.	\$24.95	\$19.95



Entire Line
25% Off

COSMETICS



Cleansers Reg. Sale

All Large Cleansers
20% Off

Face Block SPF 16, Oil Free Spray Pump 4 oz.	\$9.95	\$8.45
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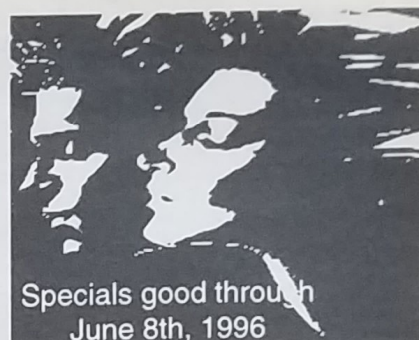
Sans Sun Self Tanning Creme 5 oz.	\$15.95	\$13.55
Anytime Any Face—Travel & Gift Bag Oily, Normal or Mature Skin, assortment of 7 products	\$15.95	\$12.75



Tom's of Maine	Reg.	Sale
Natural Flossing Ribbon—Cinnamon or Spearmint, 30yds.	\$3.49	\$2.29



Vanilla Body Lotion	Reg.	Sale
8 oz.	\$11.95	\$7.79



Specials good through
June 8th, 1996

COSMETICS



BONUS BUYS

Herbal Shampoo & Conditioner—pair pack	Reg.	Sale
18 oz. each	\$9.89	\$5.98
Suntan Lotion Tube		
SPF 15, 4 oz.	\$7.95	\$6.75
SPF 30, 4 oz.	\$8.95	\$7.59

NATURADE

Aloe Vera 80
Collection

Bubble Bath—Original or Peach	Reg.	Sale
18 oz.	\$6.59	\$4.29
Shampoo or Conditioner	Reg.	Sale
18 oz.	\$4.99	\$3.99
Hand & Body Lotion	Reg.	Sale
18 oz.	\$6.59	\$5.25
Liquid Soap	Reg.	Sale
18 oz.	\$5.89	\$4.69



NEW!

Sun Care Lotion SPF 15—Waterproof	Reg.	Sale
4 oz.	\$7.95	\$5.59
Sun Care Lotion SPF 18—Oil Free	Reg.	Sale
4 oz.	\$6.95	\$4.89
Sun Care Lotion SPF 30—Waterproof	Reg.	Sale
4 oz.	\$8.99	\$6.29
Body Bath, Tuberose—NEW!	Reg.	Sale
12 oz.	\$6.99	\$5.95

Borlind of Germany Reg. Sale
All LL Series Cleansers, Toners & Moisturizers
15% Off

AHA Complex, Hypoallergenic Alpha-Hydroxy acid compound in Liposomes 1.7 oz.	\$39.39	\$29.49
------------------------------------------------------------------------------------	---------	---------

Aztec Secret	Reg.	Sale
Indian Healing Clay		
1 lb.	\$5.75	\$3.75
2 lb.	\$8.95	\$5.85

Pure + Basic	Reg.	Sale
Green Tea Deodorant Stick—Unscented or Oriental Spice		
2.5 oz.	\$3.95	\$2.59

Kiss My Face	Reg.	Sale
Moisture Lotion, Peaches & Cream AHA 16 oz.	\$6.95	\$4.85
Moisture Lotion, Honey Calendula 16 oz.	\$9.95	\$6.95
Liquid Moisture Soap, Olive/Aloe or Almond Creme		
16 oz.	\$4.95	\$2.99

VITAMINS



Vitamins	Reg.	Sale
VM 75 Multiple		
60 tabs	\$14.70	\$11.49
90 tabs	\$21.20	\$16.99
180 tabs	\$41.50	\$33.99
Lecithin Softgels 1360mg.		
100 softgels	\$7.00	\$5.49
Vitamin C with Rose Hips, 500mg		
100 tabs	\$7.50	\$5.95

COSMETICS



Earth
Science™
PURE ESSENTIALS

Shampoo/Conditioners	Reg.	Sale
Citress Shampoo 17 oz.	\$3.95	\$2.95
Citresoft Conditioner 17 oz.	\$3.95	\$2.95
Chamocondition- Shampoo & Conditioner in One 17 oz.	\$3.95	\$2.95



Tea Tree Oil Antiseptic	Reg.	Sale
10ml.	\$7.35	\$5.55
25ml.	\$11.59	\$8.79

Our Commitment to the Community

DOZENS OF NON-PROFITS RECEIVE DONATIONS

Our customers, employees and suppliers all benefit from local nonprofit organizations, and we at the Granary Market are proud to support such worthy agencies. We believe that these groups enhance the quality of life for thousands of people in the Monterey Bay area.

In the last 12 months, we have been pleased to support the following local organizations through donations of cash or in-kind gifts:

BLIND & VISUALLY IMPAIRED CENTER

CAPTAIN COOPER SCHOOL PARENTS CLUB

CATHOLIC CHARITIES

FAMILY RESOURCE CENTER

FIRST NIGHT MONTEREY

HOMELESS GARDEN PROJECT

JUNIPERO SERRA SCHOOL

KAZU

KUSP

KIWANIS CLUB OF PACIFIC GROVE

MONTE VISTA ELEMENTARY SCHOOL

MONTEREY BAY TEACHERS ASSOCIATION

MONTEREY COUNTY AIDS PROJECT

MONTEREY COUNTY SPECIAL OLYMPICS

MONTEREY COUNTY SYMPHONY

MONTEREY PENINSULA MUSEUM OF ART

MONTEREY PENINSULA UNITED WAY

NORTH MONTEREY COUNTY CENTER FOR INDEPENDENT STUDY

PACIFIC COAST CENTER FOR CREATIVE LIVING

PACIFIC GROVE UNIFIED SCHOOL DISTRICT

ST. ANGELA'S CHILDREN'S CENTER

SAVE OUR SHORES

SEEING BEYOND

AND WINDOW TO THE WEST.

In addition, our employees proudly support the following local organizations:

CALIFORNIA NATIVE PLANT SOCIETY

CAMARATA SINGERS

CHRISTMAS IN APRIL

COMMUNITY HOSPITAL OF THE MONTEREY PENINSULA

FRIENDS OF MONTEREY COUNTY WILDLIFE

FRIENDS OF THE PACIFIC GROVE PUBLIC LIBRARY

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MONTEREY BAY AQUARIUM

MONTEREY BAY DUNES COALITION

MONTEREY BAY DUNES NATURAL HISTORY ASSOCIATION

MONTEREY COUNTY SPECIAL OLYMPICS

MONTEREY COUNTY THEATRE ALLIANCE

MONTEREY PENINSULA CLEAN AIR CAMPAIGN

MOZART SOCIETY OF CALIFORNIA

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SPCA OF MONTEREY COUNTY

ST. MARY'S CHURCH

STATE PARKS BEACH CLEAN-UP DAYS

SURFRIDER FOUNDATION

20/20 VISION

AND WESTERN STAGE (HARTNELL COLLEGE).

Vitamin E & Beta-carotene in the News

HEART ATTACK RISK REDUCED 75%; & THE TRUTH ABOUT BETA-CAROTENE by Steve Austin, ND

The most important Vitamin E news ever!

On March 23, 1996, the *Lancet* published a blockbuster of a study (*Lancet* 1996;347:781-6). Over 2000 patients with coronary artery disease were randomly assigned to one of two groups. One was given natural vitamin E, the other a placebo.

The vitamin E group was further divided (without randomization) into two groups—with one given 400 IU and the other 800 IU of vitamin E (although no analysis was done to evaluate the effects of the two different doses).

The researchers were looking to see how many patients had non-fatal heart attacks (myocardial infarctions or MIs), how many died from heart attacks, and how many died from other causes.

Even with a stacked deck...

The group randomly assigned to take vitamin E was sicker to start with—they had higher cholesterol levels, more current smokers, greater vessel stenosis (closing of the artery), and more diabetes. Also by chance, most cardiovascular deaths occurred in the early stages of the study before vitamin E could have possibly prevented them.

The median follow-up was only 15 months, which is significantly less than the two-year absolute minimum time needed to show any results according to the *New England Journal* (1993;328:1444-9, 1450-6). Despite a stacked deck, the vitamin E group experienced a 77% decreased risk of non-fatal MI (14 vs 47) and a 47% decreased risk of major cardiovascular events (41 vs 64).

The number of fatal MIs did not differ significantly between the two groups (27 for the vitamin E group and 23 for placebo), though this lack of effect might have been due to insufficient period of treatment.

While 36 people died in the vitamin E groups compared to only 26 in the placebo group, the difference was not statistically significant. Additionally, the causes of these deaths (which included septicaemia and colon cancer) could not have been the result of vitamin E supplementation.

Only natural vitamin E used

Several breakthroughs have occurred. This may be the first major trial to use natural vitamin E (d-alpha—what you buy in the natural foods store), rather than synthetic (dl-alpha). Most doctors of natural medicine avoid use of the synthetic product because so little is known about biological effects of the l isomer.

This is also the first intervention trial to show that vitamin E reduces the risk of MI. The lack of intervention is what many cardiologists have used to defend the position that it's appropriate to not tell their patients about vitamin E. That excuse is disappearing.

Remember to take enough!

Critics might point out that there was another study which did not show that vitamin E helped (*New England Journal Medicine* 1994;330(15):1029-35). However, the dose in that study was only 50 IU vitamin E per day—far too low to be useful. Remember, the dose we recommend is 400-800 IU per day.

Take only the natural beta carotene

[Many supplements contain beta-carotene. If the label does not state "from *dunaliella salina* or natural sources, the form the beta carotene is in may be synthetic. If you are taking beta-carotene only as a source of vitamin A, it may not matter which form you take since all forms of beta-carotene will convert to vitamin A.

The synthetic form is used—especially in tablets and pull-apart capsules—because the natural form is not very stable in tabs or caps. The natural form is most stable in soft-gel capsules. —editor]

Synthetic beta carotene doesn't protect against some cancers

In late January, the press wires carried a story about the unpublished results of the Physicians Health Study trials, reported no therapeutic effect with synthetic beta carotene, and suggested there might be an increased risk of lung cancer in high-risk smokers who took beta carotene compared with those on placebo. (This did not reach statistical significance and appeared in only one of the two trials.)

The new, as yet unpublished trials, appear to have sealed the fate of synthetic beta carotene in the prevention of lung cancer.

Chinese study uses natural

Recently, a Chinese study found that synthetic beta-carotene did not reverse precancerous changes in the stomach, but natural beta-carotene (containing the 9-cis isomer) did (*J Am Coll Nutr* 1995;14:536 (abstr#48)).

Australian study

Results of a four-year Australian intervention trial studying polyps as an indicator of future colon cancer risk are (*JNCI* 1995;87:1760-6):

With synthetic beta-carotene, the total number of adenomatous polyps actually increased as did the number of large (10 cm) adenomas—the risk of moderate or severe dysplasia was below the level in the control group.

None of these changes was statistically significant. All were essentially ignored by the authors. Nonetheless, we are again left empty handed.

Because there have been so many studies that have been unable to demonstrate synthetic beta carotene's effectiveness in reducing cancer risk, it seems we must look elsewhere for that protection.

Since there are still studies that have shown that food sources containing beta carotene have been shown to reduce cancer risk, it's time to look at what else might be in the food along with the beta carotene.

Fortunately, there is a lot to look at! In the diet, we know that there are many other carotene substances—including lutein (good for the eyes), cryptoxanthin, zeaxanthin, and lycopene (for prostate and cervix).

Also fortunately, many supplements now offer these "mixed carotenoids." We recommend supplementing with these natural carotene products. ¶